

GRASSROOTS

LOCKDOWN BINGO!

AGE 5-8

Dribble ball
around a small
area for 1 minute
(Repeat 3 times)

Toe Taps for
1 Minute
(Repeat 3 times)

Sole Taps for
1 minute
(Repeat 3 times)

Do keep ups
until you beat
your personal best

Sit on the ball
and stand up
for 1 minute

Complete 100
wall passes

Bike ride with
an adult for
30 minutes

Go for walk
with an adult
for 30 minutes

Step over for
1 minute
(Repeat 3 times)

Run on spot
for 2 minutes

Jump on spot
for 2 minutes

Practice shooting
a ball at a
small target for
10 minutes

Learn a brand
new trick

Recite your times
tables whilst
dribbling a ball
around a small area
(Pause in between
each one)

Complete
50 skips
(Repeat 3 times)

Complete 10
shuttle runs
between
2 lamp posts



Stay Safe - Stay Active
Keep Football Alive



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AGE 9-12

Dribble ball
around a small
area for 90 seconds
(Repeat 4 times)

Toe Taps for
90 seconds
(Repeat 4 times)

Sole Taps for
90 seconds
(Repeat 4 times)

Do keep ups
until you beat
your personal best

Sit on the ball
and stand up
for 2 minute

Complete 200
wall passes

Bike ride with
an adult for
1 hour

Go for walk
with an adult
for 1 hour

Step over for
90 seconds
(Repeat 4 times)

Run on spot
for 5 minutes

Jump on spot
for 5 minutes

Practice shooting
a ball at a
small target for
15 minutes

Learn a brand
new trick

Go for a 10
minute run with
an adult

Complete
100 skips
(Repeat 3 times)

Complete 20
shuttle runs
between
2 lamp posts



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AGE 13-16

Dribble ball with high intensity in a small area for 2 minutes (Repeat 4 times)

Toe Taps for 2 minutes (Repeat 5 times)

Sole Taps for 2 minutes (Repeat 5 times)

Do keep ups until you beat your personal best

Sit on the ball and stand up for 2 minute (Repeat 3 times)

Complete 300 wall passes

Bike ride with an adult for 1 hour

Go for walk with an adult for 1 hour

Step over for 2 minutes (Repeat 5 times)

Run on spot for 15 minutes

Star Jump on spot for 15 minutes

Practice shooting a ball at a small target for 25 minutes

Learn a brand new trick

Go for a 20 minute run with an adult

Complete 200 skips (Repeat 3 times)

Complete 30 shuttle runs between 2 lamp posts



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