

McDonald's Skills Zone - Ball Control



Focus on Ball Control

McDonald's Skills Zone Challenge #5

This challenge is used to develop your control of the ball. The more comfortable you are on the ball, the more your game will improve.

Minimum Equipment Required

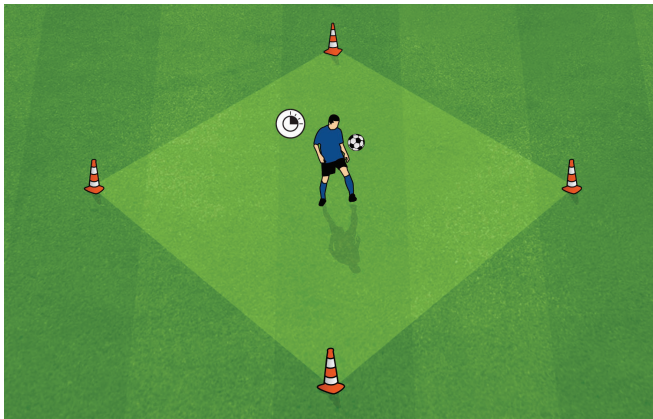
- 1 ball.

Challenge

- Have 3 goes at juggling the football, using any part of your body (except hands!). Use your feet, thighs, even your head!
- 4-6 years old: Start with the ball in your hands. You can have one bounce on the ground between each keepy up.
- 7-8 years old: Start with ball at feet, the ball can bounce once but attempt finishes if it bounces twice in a row.
- 9-12 years old: Start with ball at feet and attempt finishes when ball bounces once.

Scoring

- Count how many "keepy ups" you can do in a row.
- After three goes, add your keepy ups together to have a total score.



Players can **download** each Skills Zone Challenge and score sheets from www.nzfootball.co.nz