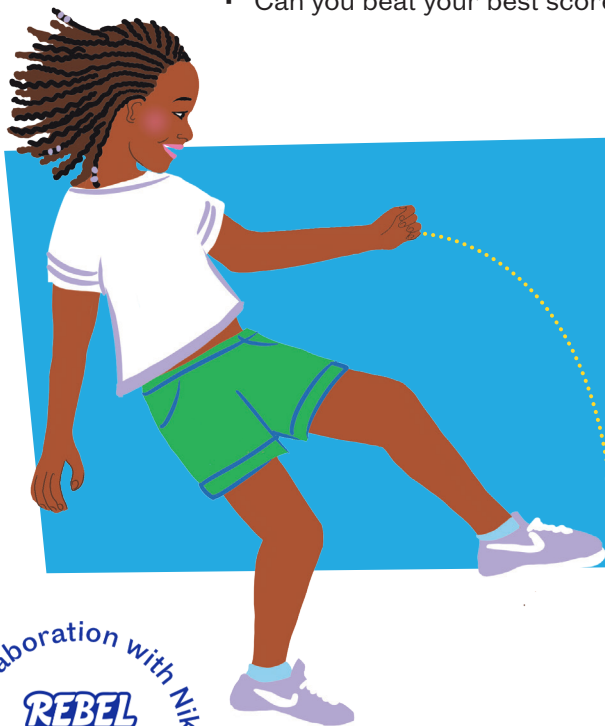


## DRILL BREAK: SOCKS OFF

Roll up a pair of socks—clean or smelly—and grab an empty laundry basket, bin, or bag.

### EASY

- Place the basket four steps away.
- Start by holding the sock ball in your hand.
- Drop the ball and kick it towards the basket. Give yourself **five points** for each one you get **in** the basket.
- Give yourself **one point** each time you **hit** the basket. How many points can you get in 10 attempts?
- Can you beat your best score?



### MEDIUM

- When you're ready, try this with your other (nondominant) foot.
- If you get one **in** the basket, give yourself **10 points**.
- If you **hit** the basket, give yourself **five points**.
- Can you beat your best score? How did you do it?

### WITH FRIENDS AND FAMILY

- When you're ready, challenge a friend or family member to the same game.
- Take turns until you have each made 10 attempts. Who got the higher score? How did they do it?
- What can you learn from your partner's attempts? Tell your partner two things you think they did well during their turn.



**YOU CAN ALSO THROW THE SOCKS IF YOU WANT TO!**

## DRILL BREAK: HOW MANY TOUCHES?

**Make a small circle on the ground or floor using cones, chalk, blocks—whatever you can find!  
Then, grab a football.**

### EASY

- Set a timer for 30 seconds.
- How many touches with your feet can you make within the 30-second timeframe without the ball leaving the circle?
- Can you beat your best score?



### MEDIUM

- Set a timer for 30 seconds.
- This time, try touching the ball with as many different parts of your feet as possible, like your toe, laces, sole, heel, and the inside and outside of your foot.
- How many touches can you make in the 30-second timeframe?
- For an extra challenge, set the timer again, and try to play without using the same part of your foot twice in a row.
- What is it you did well when you got your best score?



### WITH FRIENDS AND FAMILY

- When you're ready, get a friend or family member to join you in the challenge.
- See how many touches you can get in 30 seconds, but this time take turns between touches.
- Think about how you can get the most touches as a team.



## DRILL BREAK: BEAT THE WALL

All you need is a ball and a wall, so let's go!

### EASY

- Pass the ball to the wall like you're passing to a friend.
- When it comes back to you, try to stop it or kick it back with a different part of your foot each time.
- How many different parts of your foot can you use? Are you able to keep control over the ball?



### MEDIUM

- This time, **throw** the ball against a higher part of the wall.
- Try to stop the ball or pass the ball back to the wall—but this time use different parts of your body, like your chest, head, and different parts of your feet.
- How many different parts of your body can you use?



### WITH FRIENDS AND FAMILY

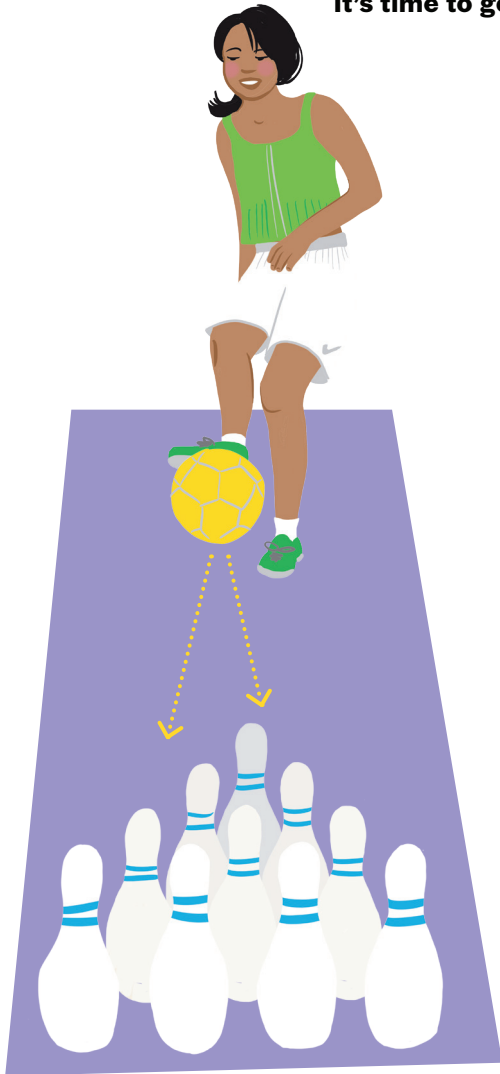
- When you're ready, get a friend or family member to join you in the challenge.
- How many times can you pass and stop the ball using your feet as a team?
- Can you stop the ball with a different part of your foot each time?
- If you like, you can test your skills against each other: Pass the ball to each other in different ways to make it challenging for your partner to stop the ball.
- Remember to support and help each other get better!

## DRILL BREAK: SKITTLES

Grab 10 toys or objects that you don't mind knocking over.  
It's time to get a strike!

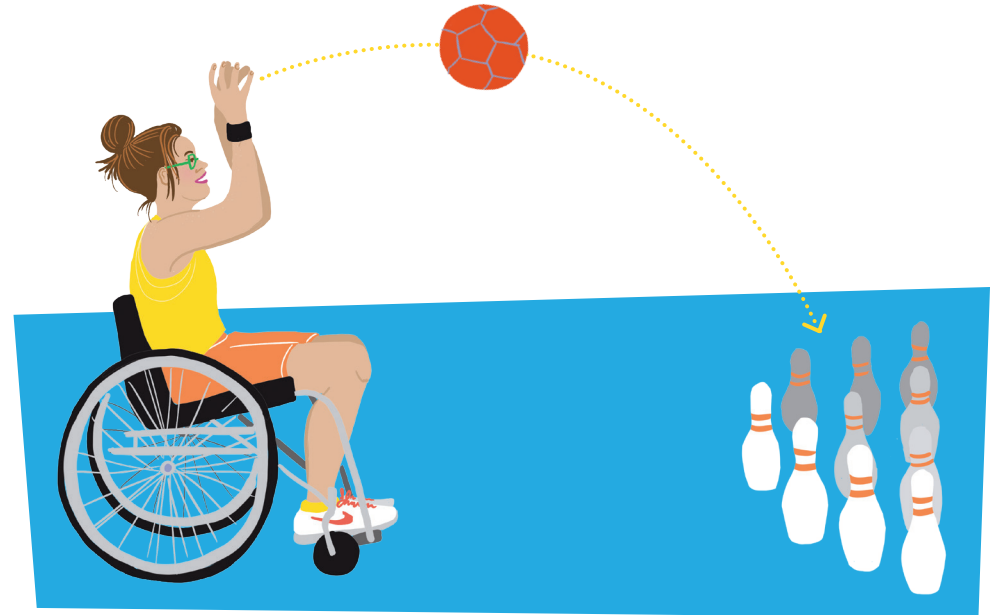
### KICKING

- In this activity, your objects are called 'pins'.
- Arrange your pins into a triangle. The easy way to do this is to create four rows (one pin, two pins, three pins, four pins).
- Position yourself about 10 feet or about three metres from your pins.
- Pass the ball toward the pins, trying to knock over as many as possible.
- Each time, count how many you knock down. Can you beat your score each time?
- What were you doing when you were most successful?
- When you're ready, switch which foot you kick with each time.



### THROWING

- Arrange the pins in a triangle, like in the kicking drill.
- Position yourself about 10 feet (three metres) away from the pins.
- Throw the ball and see how many pins you can knock down.
- To challenge yourself, try moving farther away, or arranging the pins in different shapes.



### WITH FRIENDS AND FAMILY

- When you're ready, get a friend or family member to join you in the challenge.
- Create the rules so that **everyone** can play: Do you throw? Do you kick? How far away do you start from the pins?
- Be sure to always cheer on the other players, and help each other along the way!