

#stayhomestayactive

@PEatHome1

EXPLORE

Turning in football is essential to move away from an opponent.

In order to perform an effective turn, you need to make sure that the ball is close to your feet.

How many different ways can you think of to turn with the ball so that you move in a different direction? Find any ball to use with these activities.

Bright Ideas:

- Can you turn using the inside of your foot?
- Can you turn using the outside of your foot?
- Can you use the bottom of your foot to turn in another direction?
- Can you turn at different speeds?
- Can you do your turns with your left foot and then right foot?



Cruyff Turn

Yohan Cruyff famously invented this turn – fake to pass the ball and drag the ball behind your standing leg!

<https://www.youtube.com/watch?v=U1k7DGGaRFSg>

Ronaldo Chop

Run at speed, jump onto one foot and chop the ball with the opposite foot behind the standing leg.



<https://www.youtube.com/watch?v=heCn74ieoc8>

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Where can I find out more about Football?

<https://www.bbc.com/sport/football>
<http://www.footballfacts.org>
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PRACTICE

You will need one ball for your challenge.

Make sure you have a clear space.

Get a family member to time 30 seconds for you. How many turns can you do in your space in this time?

Repeat the challenge – this time, how many different turns can you do in 30 seconds?

Can you invent your own turn?

Physics Challenge!



Fabio Cannavaro was the last male Italian footballer to win the Ballon d'Or in 2006. This is an award for the best footballer of the season. He won the World Cup in the same year.

Galileo was an Italian scientist who first measured the speed of light waves in the early 1600's. What are the differences between light waves and sound waves?

- What type of waves are they?
- Can they travel through solids, liquids and gases?
- Can they travel through a vacuum?
- Can they be reflected?
- Can they be refracted?

Can you explain the law of reflection?



David Beckham and Lionel Messi are both UNICEF Goodwill Ambassadors. Both give millions of pounds to charity every year.

- What does UNICEF stand for?
- What are the aims of UNICEF?
- What projects have David Beckham and Lionel Messi been involved with?
- Why is it important to give to charity?
- What local charities could you support?



Make sure you have enough room to complete the tasks.

DEVELOP

Find 2 cones or a goal if you have one and a family member to help.

One player will be the attacker, the other the defender.

The attacker tries to get away from the defender and score a goal within 20 seconds. If successful, they score one point. If the attacker uses a turn to get away from the defender and scores a goal, the attacker gets 2 points. Swap over if the defender intercepts the ball. The first player to 7 points wins!



Argentina have won the Men's World Cup twice in 1978 and 1986 when they were captained by Diego Maradona. He invented the 'Maradona Turn'. Can you practise this turn and use it in the game above?

https://www.youtube.com/watch?v=tc7vsk_iUNMtPsk



Parent's Tip!

Make sure that you practise your turns slowly at first until you have perfected them! Put more pressure on the turns by adding defenders into the practices.

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