



GIRLS' FOOTBALL
SCHOOL PARTNERSHIPS
 Supported by **BARCLAYS**

FOOTBALL BINGO

Cross off the skill once you have completed it. An adult must witness and sign off your sheet. All entries will be entered into a draw to win a football. Send a photo of full house to the details below.

NAME: _____ **SCHOOL:** _____ **AGE:** _____

Wall passes for 2 min - both feet

Balance the ball on your foot

Perform a plank for 1 min

10 shuttle runs dribbling the ball

Bike ride for 30 mins (with an adult)

Run on spot for 2 mins

Side to side taps for 1 min

As many 'keepy uppys' as you can then beat it!

1 minute of star jumps

Learn a new trick and practice it

Toe taps for 1 minute

1 min agility run around objects

Plank for 1 min with shoulder taps

30 burpees (chest to floor)

Learn how to do a stepover & practice

20 mins of practicing shooting (use a target)

I confirm this has been completed (please sign):

HAVE A GO AT A LINE AND THEN SEE IF YOU CAN GET A FULL HOUSE TO EARN A MEDAL

Tag us in on Twitter @Tamesidessp, send it to 07900274802 or email and attach your completed sheet to Emma.toone@gaa.org.uk with name, address, school attended and age and you will receive a medal through the post. Entries close 26th February 2021.