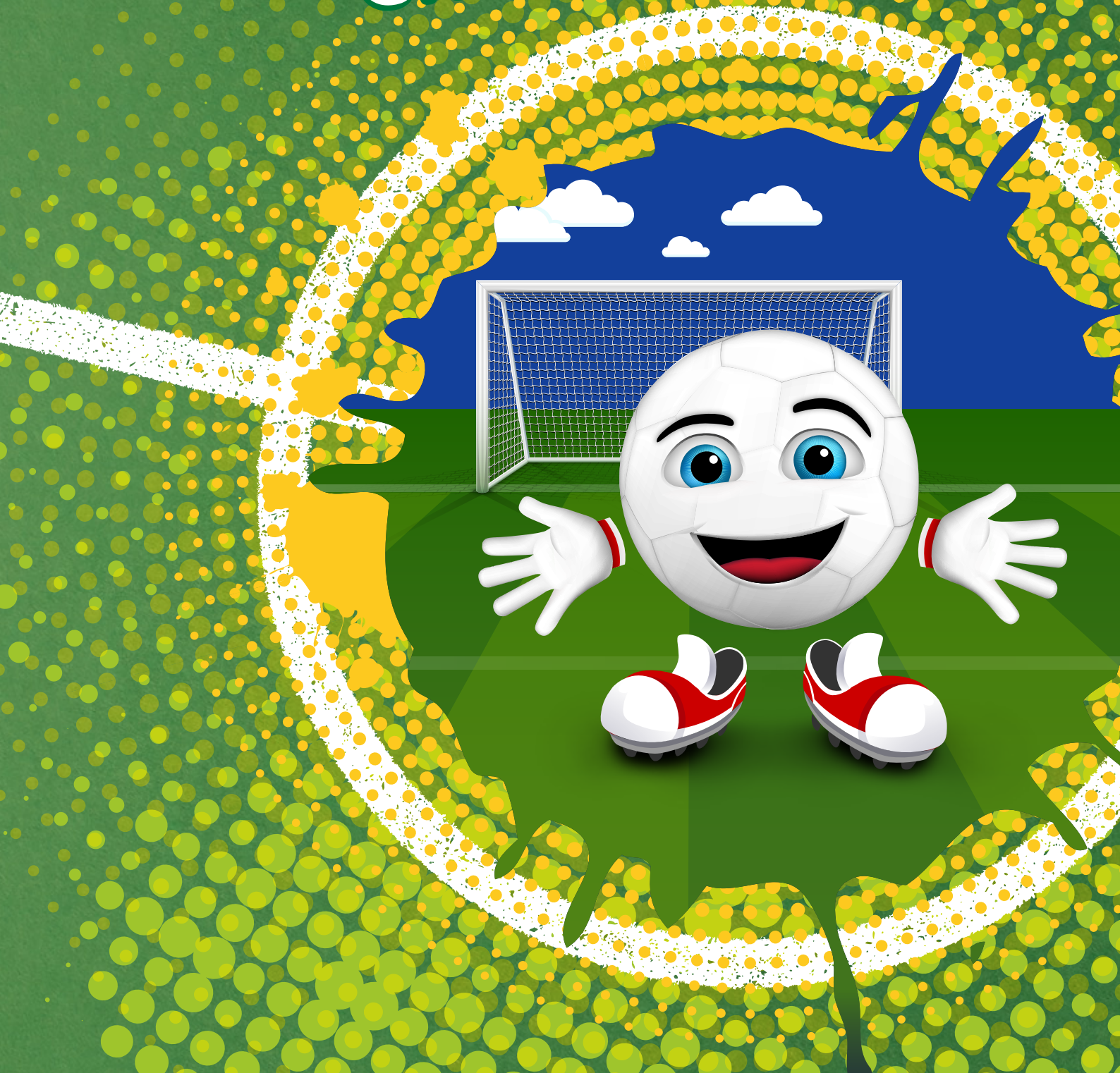




McDonald's  
**FUN FOOTBALL**

**Football  
Challenges**





# Hi there!

## I'm Kicker, your very own guide, coach and friend.

I'm here to take you through some fun activities and challenges, cheering you on every step of the way.

I'll guide you through the pages and give you tips to help if you get stuck! The most important thing is you try your best, learn new things and have fun exploring the McDonald's Fun Football Activity Book!

**Let's kick things off!**



## You'll find these icons at the top of the challenge pages. Here's what they mean...



Use a football and a wall that doesn't have any windows



Use a football and some cones (or other objects) as markers



You will need a pen or pencil



No equipment needed



The number of people needed for the activity



How long the challenge will take

Each challenge has been designed so that participants can take part in safe and suitable space, under parent or guardian supervision. As per the government guidance, each activity should involve those in your home and not with people / friends outside of your household. If you are attempting these challenges in public spaces then please follow social distancing guidelines.





**If you're new to football,  
here are some words you  
might come across...**

## Goal

When the ball is kicked or headed into the net. Score more of these than your opponents to win the game.

## Corner

A kick of the ball from the corner of the pitch, taken to restart play after the ball has left the playing area.

## Pitch

An area of grass marked with lines where a football match takes place.

## Penalty

Kick taken from a spot marked on the grass. A penalty is awarded by the referee when a player is fouled within a marked zone.

## Fans

Follower of a football team or someone who simply enjoys watching the game. Also known as supporter.

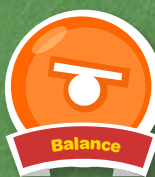
## Sub

Short for 'substitute', a player who is swapped for another player during a match.

## Dribble

When a player runs with the ball at their feet under close control.

**And these are the  
activity icons you'll  
see in the book...**





# CHALLENGES (1) THROW AND CONTROL



Equipment



People



Minutes

## STEP 1:

How high can you throw a ball?

## STEP 2:

Throw it as high as you can – but be sure to catch it before it bounces.

## STEP 3:

Can you do this standing on one leg?



Use a balloon to slow things down if you find this tricky





# CHALLENGES (2) BALL AND A WALL



Equipment



People



Minutes

## STEP 1:

Practise passing the ball by kicking it against the wall, then letting it come back to you. Make sure you choose a safe, clear area to play.

## STEP 2:

Can you pass with both feet?

## STEP 3:

Can you pass the ball to the wall and back again using different parts of your feet and different levels of power?



Pick a wall with no windows!





# CHALLENGES (3) TEAM PICTURE



Equipment



People

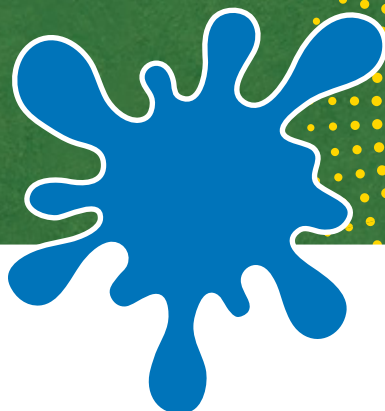


30

Minutes

## STEP 1:

Draw a picture of you playing with your best friends and teammates.



What makes your best friends special to you?



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# CHALLENGES (4) BALANCE THE BALL



Equipment



People



Minutes

## STEP 1:

See how long you can balance the ball on different parts of your body: your shoulder, your arm, your knee, your foot.

## STEP 2:

Try to hold the ball for as long as you can on each part of your body.

## STEP 3:

Can you find a way to move around while you balance the ball?

**Make sure you choose a safe place to play**





# CHALLENGES (5) KEEP UP CHALLENGE



## STEP 1:

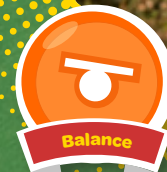
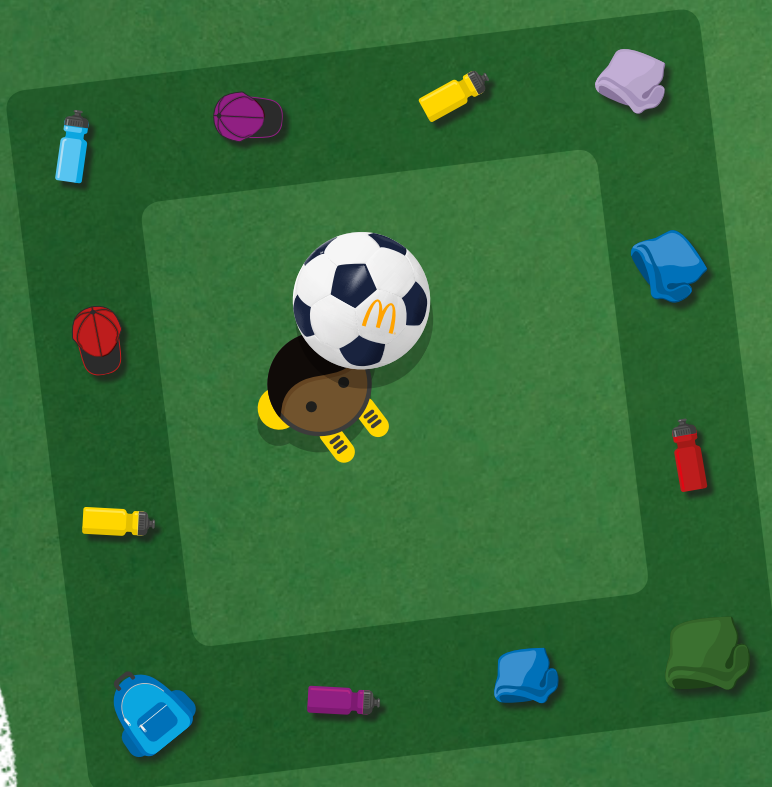
Try to keep the ball off the ground using as many touches as you can, letting it bounce once between touches.

## STEP 2:

Keep trying to improve your score – how long can you keep the ball up?

## STEP 3:

Use as many parts of your body as you can to keep the ball off the ground. Can you do it without letting the ball bounce?



How many parts of your body can you use?





# CHALLENGES (6) KNEE TAG



Equipment



People



Minutes

## STEP 1:

Stand face-to-face with your best friend. Score a point every time you can tag the front of their knee.

## STEP 2:

Try to tag your best friend's knee, without giving them the chance to tag yours.

## STEP 3:

Make the game harder by allowing tags on the back or side of the knee.



Try to tag without getting tagged!





# CHALLENGES (7) THROUGH THE GATE



Equipment



People



Minutes

## STEP 1:

Practise your passing skills with a best friend by setting up a gate using two objects. Stand on the opposite side of the gate to your partner. How many times can you pass the ball to each other through the gate?

## STEP 2:

Can you use both feet to control and pass the ball accurately through the gate?

## STEP 3:

To make it harder, make the gate smaller – or move further away from the gate.



Set a record and try to break it





# CHALLENGES (8) 1v1 SCORING ZONE



## STEP 1:

Invite a best friend to play. Set up a mini pitch with a scoring zone and a goal area at each side.

## STEP 2:

To score a point, dribble the ball into the scoring zone, before trying to score a goal. You must be in the scoring zone to be able to score a goal.

## STEP 3:

Try making the scoring zone narrower to make the game harder.

Phew! Bet you're tired now. Be sure to drink lots of water



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# CHALLENGES (9) RACE TO THE TARGETS



## STEP 1:

Set up lots of targets using cones, jumpers and other objects. Dribble the ball using different parts of your foot. Score a point for each target you reach within 60 seconds.

## STEP 2:

Repeat the game and see if you can improve your score.

## STEP 3:

Ask a best friend or parent to call out a colour. You only score a point by hitting targets of that colour.

Have fun finding your coloured targets!





# CHALLENGES (10) ROLE MODEL



Equipment



People



30

Minutes

## STEP 1:

I play football with my friends and, win or lose, we respect and support each other! They're great role models.

Who do you know that's a great role model? Draw them here...



**Good role models are respectful, caring, positive, confident, sensible people who never give up**

