

# Garden Games

Have a go at some basic Football tricks



## Equipment

- Football or similar (netball, balloon)

Click on the link below for a keepie uppie tutorial and some progression exercises to practice the skill.

## [Keepie Uppies](#)



## Juggling/Keepie Uppies

- Practice first bouncing the ball on your thigh with a bent leg. This is a great way to get your eye in with a movement easier than using your foot
- When you've mastered that, have a go with your foot like the picture above
- Key points
  - o The ball should make contact on the bridge of your foot just below your laces
  - o Keep your foot straight with toes slightly upwards to make sure the ball goes straight up and not away from you
- Start by dropping the ball and just doing one bounce at a time on your foot before catching the ball again. Once you get good at keeping the ball straight, go for more kicks in a row
- Use both feet not just your dominant foot!
- **How many can you do in a row?**
- **Try alternating between both feet, can you keep the ball in the air?**

## Experts

There are lots of tricks out there to have a go at by yourself or with a family member. Here are some [ideas of tricks](#) that get progressively harder. You can also see how to break down each trick for example this [around the world](#) video. See what else you can come up with and challenge yourself!