



## Week 1. UEFA Women's EURO 2022

"I'm Lucy Bronze and I play for England. This year we'll be playing in the Women's Euros right here in England! I've got a few top tips for you...and a challenge! Are you ready?"



**Lucy Bronze**  
Footballer  
England

### Your challenge: **Unleash your Lucy!**

It doesn't get much better than the UEFA Women's EURO 2022 to see some amazing football skills on display. This challenge from The Football Association focusses on one of those key skills – dribbling! Dribbling the ball is one of the most important skills for any player. To dribble you'll need to use both the inside and outside of your feet to move the ball. Are you up for the challenge?

#### What you'll need:

- A clear space
- A football
- An obstacle to dribble past – such as a cone, cushion, or book



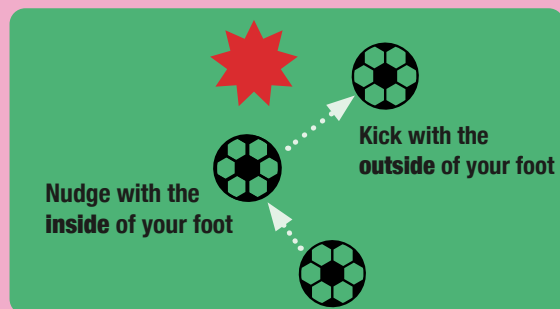


## Let's play!

1. Place the obstacle in the middle of the clear playing space and take one big step away from it.
2. Put the ball by your feet. Nudge the ball forward with the inside of your foot and straight away use the outside of your foot to move past the obstacle. This is called the Flip Flap!

3. Carry or kick the ball back to where you started and try again.

Can you beat your opponent by switching between your right and left foot ten times in a row?



## Change to suit you

**Space** – Increase or decrease the distance away from the obstacle, or you could put a small ball on a table-top and use your hands instead of your feet!

**Task** – Have a go at the extra ways shown in Lucy's video– they're a bit more difficult! You can also increase or decrease the number of times you aim to beat your obstacle.

**Equipment** – use a smaller or larger ball

**People** – Add fielders to make it harder to score, take turns with a partner

### Tips for success

Shift your weight from side to side as you move to keep control and power.

Be aware of where your obstacle is – this will help you move round and beat it.

Think about how hard or soft you need to kick the ball - your first touch only needs to be soft!