



Week 1. UEFA Women's EURO 2022

“Hi there. I’m Lucy Bronze and I play for England and 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 and to see some amazing football skills on show! Our Active Summer Challenge from The Football Association focusses on one of the most important skills for any player – dribbling the ball! In this challenge you'll need to use both the inside and outside of your feet to move the ball.

What you'll need:

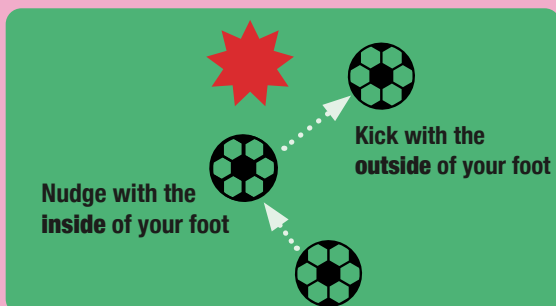
- A clear space
- Football or any size ball
- Obstacle to dribble past – anything will do – e.g. cone, book, cushion





How to play:

- Place your obstacle in the middle of clear playing space and stand 1 big stride away from it.
- Start with the ball by your feet. Nudge the ball forward with the inside of your foot and immediately use the outside of the foot to move past your obstacle. This is called the Flip Flap!
- Carry or kick the ball back to your starting position and go again.
- Can you beat your opponent switching between your right and left foot ten times in a row? This is one for every stadium hosting a match in the women's Euros this summer!



Keys to success

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

Keep an awareness of where your obstacle is – this will help you move round and beat the obstacle.

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

Energy boost

Go for speed! Once you've become a Flip Flap master see how many times in 60 seconds you can beat the obstacle, returning to start each time. Mark the end of the 60 seconds with a brilliant goal celebration!

Feeling inspired?

With some mega matches to watch this week – who will be crowned champions? - this is the perfect time to take a ball outside and get playing! There are lots more challenges to take part in!

Space – Increase or decrease the distance away from the obstacle, try using a small ball on a table top, and use your hands instead of feet

Task – Try the two extra ways in Lucy's video to beat you opponent – they're a little bit more difficult! You can also increase or decrease the number of times you aim to beat your obstacle.

Equipment – Use a bat or racquet to move the ball and beat the obstacle, use a small or large ball.

People – Replace your obstacle with a person to make it even trickier. Work with a team mate to reach your target between you.