

FOOTBALL FRIDAY

The Beep Game



Foundation

It's Football Friday! Our Irish FA staff and current senior women's players Megan Bell and Demi Vance have a challenge for you to try with members of your family.



To watch the video type the following link into your browser address bar
https://youtu.be/Ekgkcilc_kQ

All you need is something to place in the middle. A ball would work great!

- Ask a parent or sibling to call out instructions. Some examples might be: touch your head, shoulders, turn around, jump, etc.
- When the call says **BEEP**, see who can get the ball first!

LET THEM PLAY