

# FOOTBALL FRIDAY

## Bells



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.

## Bells!



To watch the video type the following link into your browser address bar  
<https://youtu.be/4nfQonoPj1Q>

All you need is a football, if you don't have a football, any round ball will work!

- See how many times you can move the ball from side to side using the inside of your feet.
- How many can you get in the time limit?

**LET THEM PLAY**