

FOOTBALL FRIDAY

Lives



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/Ook1ft1swEo>

All you need is a football and a chair to roll the ball under. If you don't have a football, any round ball will work!

- Grab a partner and see if you can roll/pass the ball under the chair.
- Each player has 10 lives. If you miss or hit the chair, you lose a life!

LET THEM PLAY