

FOOTBALL FRIDAY

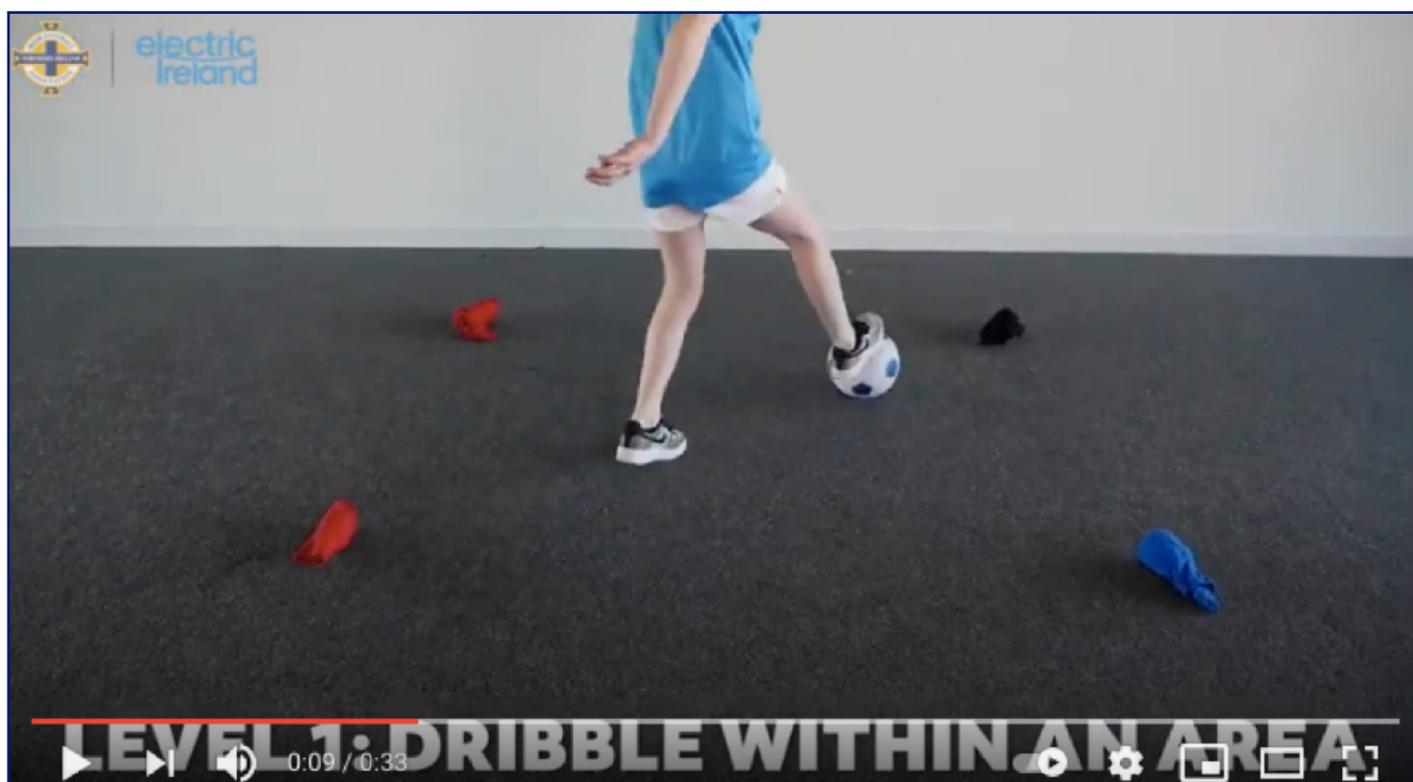
Levels



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.

Levels!



To watch the video, type the following link into your browser address bar
<https://youtu.be/CpbOKJblQW4>

All you need is a football and something to make a square out of. If you don't have cones, use some socks.

- See if you can complete each level in the video
- For how long can you play each level without letting the ball go out of your square?

LET THEM PLAY