

HOMEWOOD AT HOME ACTIVITY

Week Seven

Horseshoes



LEVEL 1

Start this challenge by setting up an object 10 steps away from you. Pass the ball to the object and attempt to have the ball stop as close as possible to it.

LEVEL 2

For Level 2, move the object another 10 steps away and continue the activity. See if you can get the ball to stop and touch the object now. Challenge yourself by using both feet!

LEVEL 3

Start Level 3 by switching out your object for an even smaller one. Move another 10 steps away and continue to attempt to get the ball to stop as close as possible to the object.

LEVEL 4

For the final level, move another 10 steps and continue the activity. This time, attempt to chip the ball in the air and have it stop near the object. Challenge yourself even more by using both feet!

SHOW US YOUR SKILLS BY POSTING ON SOCIAL MEDIA WITH THE #HWDPRIDE OR SEND IN YOUR VIDEOS TO MASON COOK AT MASONCOOK@HOMEWOODSOCCER.COM