



Foundation

WAYNE ROONE
FOUNDATION

Football target

What you'll need

- Inflatable football
- Mini football
- Cones
- Flat markers

How to set up the game

- Place your inflatable football on top of a cone – the inflatable football is the target
- Place a flat marker five yards away from the cone and football
- The flat marker is the starting point



How to play

- Players are to stand or sit on the flat marker, five yards away from the ball and cone
- Players are to either roll, throw or kick their mini football towards the target to knock the ball off the cone
- When kicking the ball try to use the instep of your foot for better success
- When rolling or throwing the ball try to use an under-arm technique and when releasing the ball have your fingers pointing towards the target for a better aim
- You can play with family members or friends to see who has the most success in knocking the ball off the cone
- Each player has three attempts to see how many times they can knock the ball off the cone

Progression

- If players are getting a lot of success, you can move the marker further back to make the distance to the target longer
- Try using a flat marker as the target instead of the cone and football, and try to roll or kick the ball onto the marker – whoever gets the closest wins

