

## Activity sheet

## Try your best: The tricks

This Premier League Primary Stars challenge is to try your best at mastering an active skill. Watch our selection of ball tricks videos, below, to get some inspiration. You can pick one of these skills to attempt or choose your own - and don't forget to track your progress using the template. Good luck!

**The signature moves challenge from Manchester City**  
(City in the Community) has many more activities, click to explore.

Many footballers have signature skills that they are famous for, and City in the Community has put together these video challenges so that you too can master the moves.

**Sergio Agüero's Turn Skill challenge**

Can you turn with the ball to beat the defender, like Sergio Agüero? Watch City in the Community's **Turn Skill video** to perfect this trick.

1. Use your laces to start dribbling the ball, nice and close to your feet.
2. Start pretending you are going to take a shot.
3. Hook the ball with the inside of your foot going to the opposite direction!

**Georgia Stanway's 180 challenge**

Can you replicate footballer Georgia Stanway's 180 skill?

Watch City in the Community's Stanway's **180 video** to find out how.

1. Use your strongest foot, bringing it over the front of the ball.
2. Then use the outside of that same foot to knock the ball in a different direction.

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**Raheem Sterling's Stepover challenge**

As you travel along with the ball can you get past the fullback using Raheem Sterling's signature crossover move? Watch City in the Community's **Stepover video** to learn the skill.

1. Get your body nice and low while travelling with the ball.
2. Pretend to go one direction, then do another feint and pretend to go in the other direction.
3. Finally drive the ball past the fullback.

**Jill Scott's Spin Move skill challenge**

Watch the **Spin Move skill video** to learn how Jill Scott spins the ball on the pitch. Why not try and have a go?

1. Start by dribbling the ball.
2. Use your non-dominant foot to stop the ball.
3. While doing quick turn, drag the ball back with your dominant foot.



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The first touch challenge from Brighton and Hove Albion (Albion in the Community) has many more activities, click to explore.



Can you master the first touch challenge?

Watch Albion in the Community's

**First touch video** to find out what to do.

1. Locate a 5x5 metre area in your garden or local park. It should be a safe area, away from other people (or windows!)
2. Kick the ball against a wall.
3. When it comes back, use your body - thighs, feet, chest - to control the ball so that it drops within the 5x5 metre area.

The throw and clap challenge from Liverpool F.C. (LFC Foundation) has many more activities, click to explore.



How many times can you clap when the ball is in the air? **Watch Jake from the Liverpool FC Foundation** take on the challenge.

1. Find a ball or even a pair of rolled up socks.
2. Throw it up high and clap while it's still in the air.
3. See how many claps you can achieve before you catch the ball.

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The close control challenge from West Ham United F.C. (WHU Foundation) has many more activities, click to explore.



#### Watch Coach Jimmy from West Ham United Foundation

take on this close control challenge. He managed 174 touches in 45 seconds. Can you achieve your own personal best?

1. Set a timer for 45 seconds.
2. During the 45 seconds make as many inside foot touches as you can.
3. Keep count of the number of inside touches you make.

#### Just for fun



- Join sports presenter and ex-Arsenal Women footballer Alex Scott, as she takes on a dance routine with Arsenal mascot, Gunnersaurus. **Watch the video.**
- There are lots of dance routines and fitness challenges on the **Supermovers website** - how many can you complete?