

This week we will concentrate on keepie uppie skills.

How long can you keep the ball in the air for?

How many can you do?

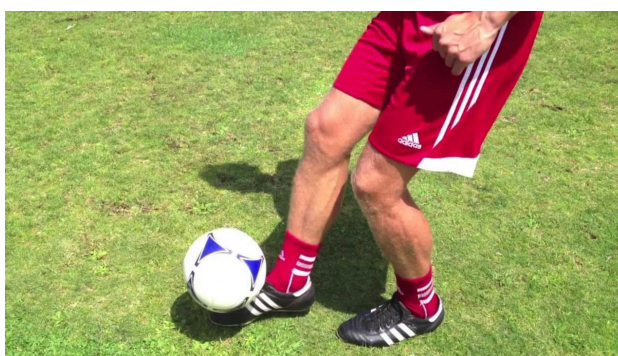


There are many things that are important to doing kick ups.

The only way to get better is practice. The more you practice, the better you get.

### **1. Bounce the ball on the instep of your foot**

The most important part is instep (the laces of your shoe). So, get a feel for bouncing the ball on the instep.



## **2. Let the ball bounce on the ground and keep juggling (Keepy Uppy)**

For the beginners, key point is 'bounce on the ground'. It's much easier than juggling (Keepy Uppy) with no bounces.



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## **3. Bounce the ball twice without bouncing it on the ground**

If you are a beginner, don't skip to juggling with no bounces too soon.



4. Try to concentrate on your dominant foot; the foot that you kick with the most. This should help you to keep control of the ball.



5. When you have gotten used to using your feet, try to use other parts of your body.

What could you use?

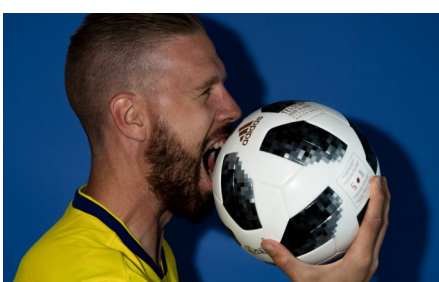
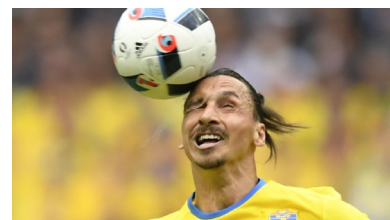
Hand?

Mouth?

Head?

Knee?

Chest?



6. Now you have got used to the basics, why not see how long you can keep it up for? How many can you do?

Try to go up in stages. Can you do 5? Then try for 10? Too easy? What about 20 or 30?

Fun fact:

The men's record is held by Dan Magness of England, a 25-year-old professional freestyler, who kept a regulation football aloft for 26 hours using just his feet, legs, shoulders and head; he completed the feat, which took place in Hong Kong, in June 2010.

Now off you go and don't forget to let us know how many you did.



Can you tell us, which of these teams are “United, City, Town, Rovers or County”?

Derby.....

Ipswich.....

Macclesfield.....

Norwich.....

Stoke.....

Leeds.....

Blackburn.....

Ayr.....

Dundee.....

Exeter.....

Cheltenham.....

Salford.....

Grimsby.....

Crawley.....

Carlisle.....

W K Z I Z V F B O J V V C S E R L P I H Y X S O Y  
H E N R Y F E J G A L G A C D B N H S R Z H A B Q  
M A H G N I R E H S Q J N H O D H C R A D F C T U  
Z N U D A O D X R O D R T O M S V E D Z X T V K C  
A E U S P D I M C D R Z O L H Z T C E K X Z F J C  
L T I Z M M N O G L A M N E Q N O A H C X V F W A  
D H Y I O L A M P A R D A S I L V A Z X T Z Z J J  
K D O Y K S N K S N R R A R E A M F S L B Q N Z R  
D Y I G V W D R G O E E A M M J A R M P V T Z K V  
W L T A V F U D G R G I I Q S W A L D A S A S P I  
M Q B L W L F B I E E T A V A O T F F Y X V J N Z  
K N U P X H A X G U A B F P P K Y F V W J T Z G U  
X I X A X O T C D G U Q I F N V P A I Z W J E C W  
N M Y E H H N O B A P A H M X U C X H T B P L W B  
S B D Z Y O N U B U H J Z J R V X A S A U E D J C  
V Z S P T Y U U Y G Q G B V H F N P Y T N X E V N  
Q H U S Z L B E A G C U D J R S X V E Y F W J L M  
Z M A J C G T L D I U L W G E M T B V Q H S D U O  
P O V A Y K R L C D E D O O V P J S S E B N A F I  
C P B J A P Y L C U J J D T K N D O V E S K Q U S

ADAMS	COSTA	KEANE	SHERINGHAM
AGUERO	DROGBA	KOMPANY	SHEARER
BERGKAMP	FERDINAND	LAMPARD	TERRY
CANTONA	GERRARD	RONALDO	VIERA
CECH	GIGGS	SCHOLES	
COLE	HENRY	SHEARER	

## Upcoming Premier League fixtures and where to watch them:

Wednesday, June 17

[Aston Villa v Sheffield United](#) - 6pm SKY

[Man City vs Arsenal](#) - 8.15pm SKY

Friday, June 19

- Norwich v Southampton 6pm Sky Pick **FREE TO AIR**

[Tottenham v Manchester United](#) - 8.15pm SKY

Saturday, June 20

- Watford v Leicester 12.30pm BT
- Brighton v Arsenal 3pm BT
- West Ham v Wolves 5.30pm SKY

Bournemouth v Crystal Palace 7.45pm BBC - **FREE TO AIR**

Sunday, June 21

- Newcastle v Sheffield United 2pm Sky Pick **FREE TO AIR**
- Aston Villa v Chelsea 4.15pm SKY

Everton v Liverpool 7pm Sky Pick **FREE TO AIR**

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Monday, June 22

Manchester City v Burnley 8pm SKY

Tuesday, June 23

- Leicester v Brighton 6pm SKY

Tottenham v West Ham 8.15pm SKY

Wednesday, June 24

- Manchester United v Sheffield United 6pm Sky Pick **FREE TO AIR**
- Newcastle v Aston Villa 6pm BT
- Wolves v Bournemouth 8.15pm BT
- Norwich v Everton 6pm BBC - **FREE TO AIR**
- Liverpool v Crystal Palace 8.15pm SKY

Thursday, June 25

- Burnley v Watford 6pm Sky Pick **FREE TO AIR**
- Southampton v Arsenal 6pm SKY

Chelsea v Manchester City 8.15pm BT



## **Football funnies**

**What do you call someone who stands inside goalposts and stops the ball rolling away? Annette!**

**England are playing Iceland tomorrow. If they win that game, they'll play Tesco's next Saturday and then Asda on Wednesday.**

**Have you heard about the new Arsenal Bra? It has a lot of support but no cups!**

**What does an Arsenal fan do after their team has won the Champions League?**

**They turn off their PlayStation!!**

**I set my XBOX password to "Arsenal Defence". It said it was too weak!!**

**What ship has never docked at Liverpool?**

**The Premiership!!**