



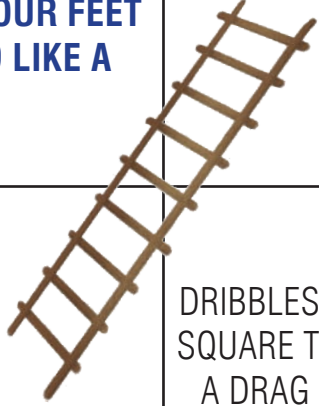
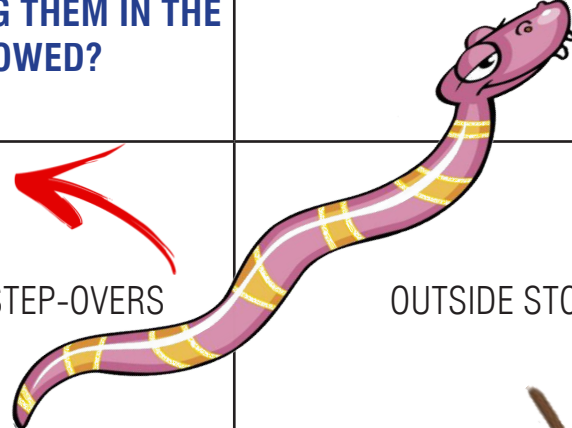
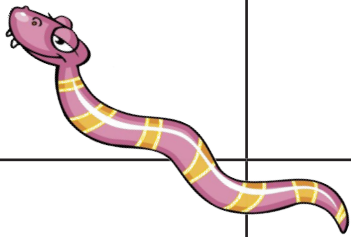
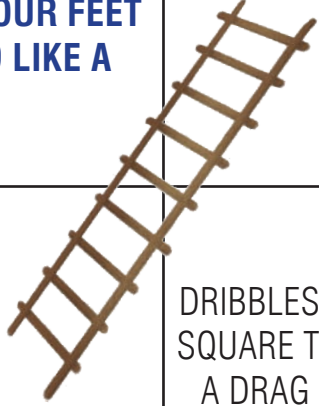

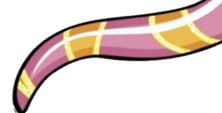



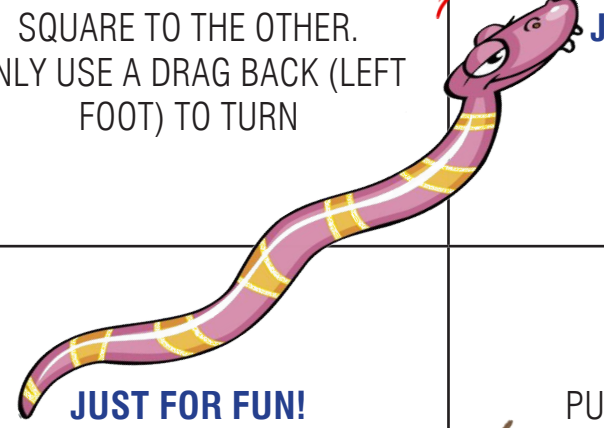

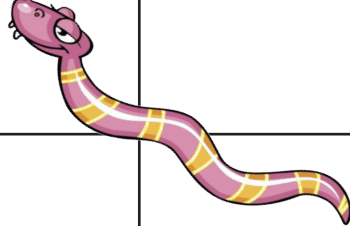



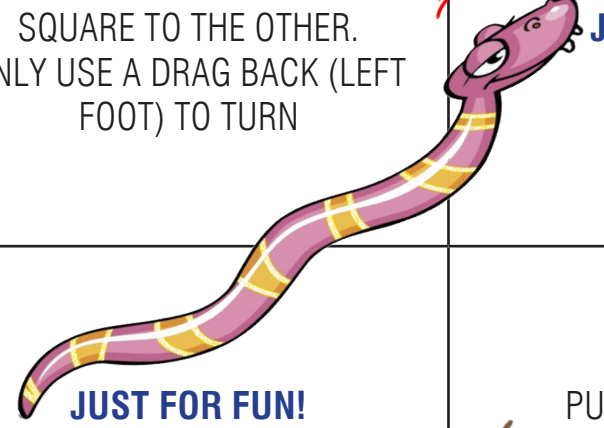

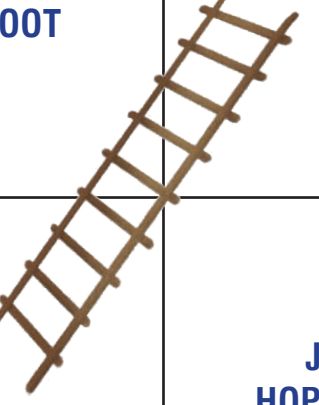
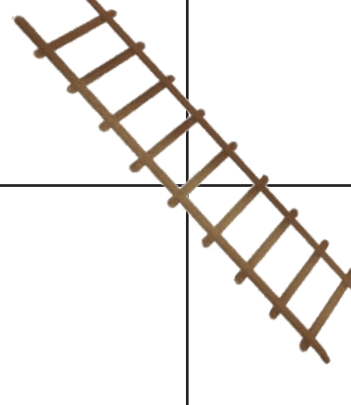
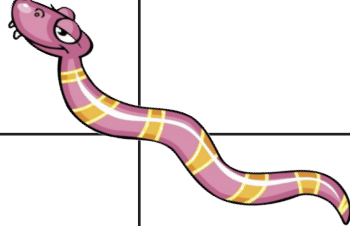


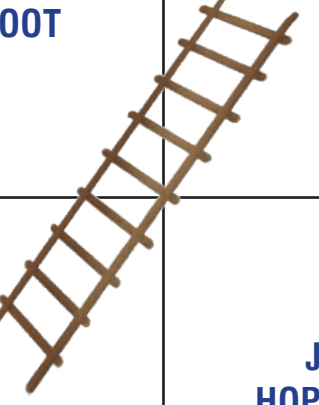
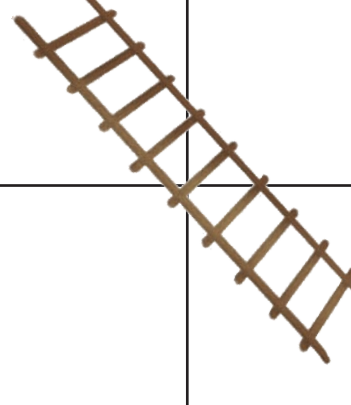
# Football Snakes and Ladders

## Game Rules and Set Up

- Create a 5x5 activity area
- Climb up the ladder
- Slide down the snakes
- If you land on a snake or ladder you must perform the activity for 20 seconds before moving up or down
- Roll a 6 and get an extra turn
- You must land on the finish square to win!
- If your final roll takes you past the finish then you stay where you are and perform the activity again
- Winning player picks a challenge from the board for the rest of the players to perform



# Football Snakes and Ladders

<p>PULL PUSH LACES (LEFT FOOT)</p> 	<p><b>JUST FOR FUN!</b>  <b>TRY TO KEEP THE BALL BETWEEN BOTH OF YOUR FEET AND JUMP AROUND LIKE A BUNNY</b></p>	<p>CONTINUOUS RONALDO CHOPS</p>  	<p><b>JUST FOR FUN!</b>  <b>ASK YOUR FRIEND TO STAND LEGS APART. HOW MANY TIMES CAN YOU NUTMEG THEM IN THE TIME ALLOWED?</b></p>	<p>BRAZILIAN TOE TAPS</p> 	<p><b>Finish!</b></p>
<p>"V" OUTSIDE</p> 	<p>SOLE ROLLS</p> 	<p>DRIBBLES FROM ONE SIDE OF THE SQUARE TO THE OTHER. ONLY USE A DRAG BACK (RIGHT FOOT) TO TURN</p>	<p>CONTINUOUS STEP-OVERS</p>  	<p>OUTSIDE STOP</p> 	<p>PULL PUSH INSIDES (ALTERNATIVE FEET)</p> 
<p>PULL PUSH LACES (RIGHT FOOT)</p> 	<p>DRIBBLE FROM ONE SIDE OF THE SQUARE TO THE OTHER. ONLY USE A DRAG BACK (LEFT FOOT) TO TURN</p> 	<p><b>JUST FOR FUN! STAR JUMPS</b></p> 	<p>DRIBBLE FROM ONE SIDE OF THE SQUARE TO THE OTHER. ONLY USE INSIDE CUTS TO TURN</p> 	<p>"V" INSIDE</p> 	<p><b>JUST FOR FUN! BURPEES</b></p> 
<p>DRIBBLE FROM ONE SIDE OF THE SQUARE TO THE OTHER. ONLY USE OUTSIDE CUTS TO TURN</p> 	<p><b>JUST FOR FUN! HOPE ON LEFT FOOT</b></p> 	<p>PULL PUSH INSIDES (LEFT FOOT)</p>  	<p>SOLE ROLLS</p> 	<p>PULL PUSH INSIDES (RIGHT FOOT)</p> 	<p>CONTINUOUS SCISSORS</p> 
<p><b>START</b></p> 	<p>SOLE TAPS</p> 	<p><b>JUST FOR FUN! HOPE ON RIGHT FOOT</b></p>	<p>TOE TAPS</p>	<p>INSIDE STOP</p> 	<p><b>JUST FOR FUN! TOUR YOUR NOSE ON THE BALL, STAND UP, TOUCH A CONE AND REPEAT.</b></p> 