



Learn Footy @ home!

SESSION 1



1. How to handball



(Source: <https://www.youtube.com/watch?v=bpeakcDWqo&feature=youtu.be>)

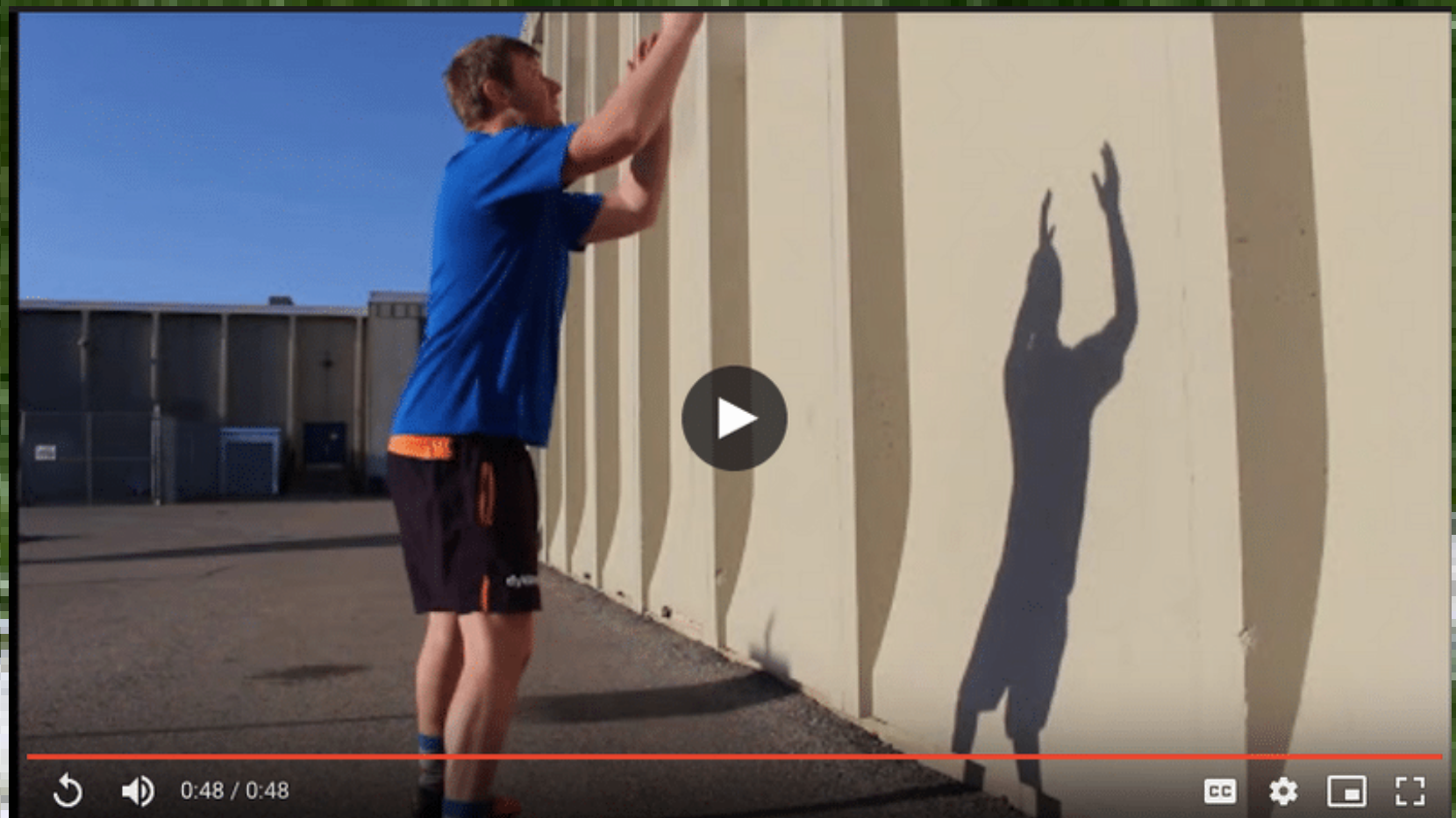


2. Ball Skills



Need a ball? Click [here](#)

3. Handball Activity



4. Fitness Challenge: Push Ups!



@aflcanada



Share your skills with us!