



Learn Footy @ home!

SESSION 3 - BOUNCE



1. Skill Video: Bounce



(Source: www.youtube.com/watch?v=hkcSUNehdlw&feature=youtu.be)



2. Skill Activity: Balance



Need a ball? Click [here](#)

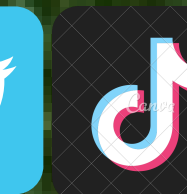
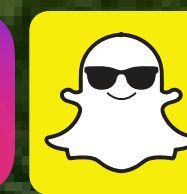
3. Footy Activity: Hit the Pole



4. Fitness Challenge: Squats!



@aflcanada



Share your skills with us!