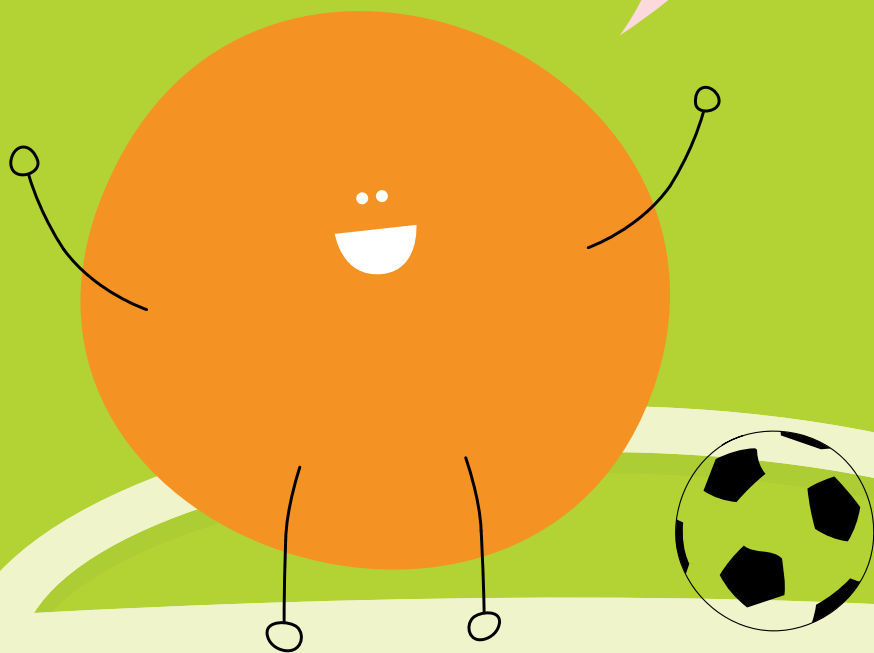


# The Super Seven's Football Activity Club

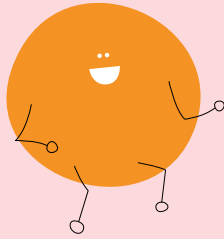
## Welcome!

Hi, I'm Bouncer and today we're heading out on the football pitch.

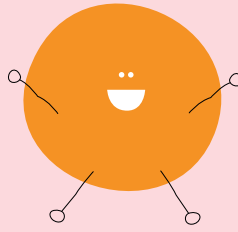
Get your kit on, choose your favourite team, find a space and get ready to move. Game on!



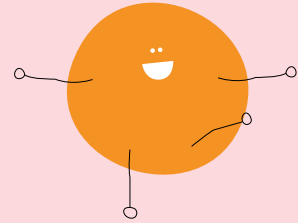
## Warm up (repeat x3)



**#1** Jog on the spot. Start slow and get faster. Do this for 30 seconds.

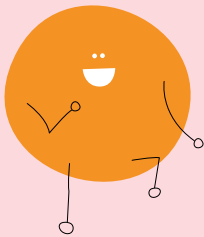


**#2** In goal. Jump to each side and lift your arms. Do 20 of these.

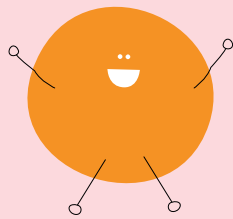


**#3** High kicks. Using one foot for balance, swing the other leg high. Do 10 of these each side.

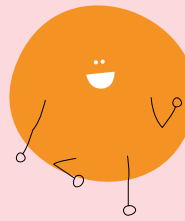
## Main workout (repeat x3)



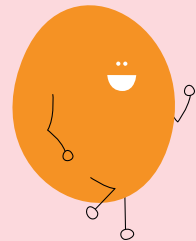
**#1** Keepy-ups. High knees up, slow then faster. Do these for 60 seconds.



**#2** Squat and jump. Squat low then jump high. Do 20 of these.

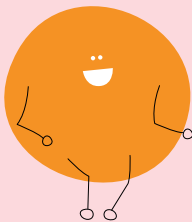


**#3** Sprint forwards, then jog backwards. Do 10 of these.

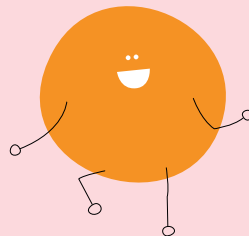


**#4** Skip around the pitch for 60 seconds.

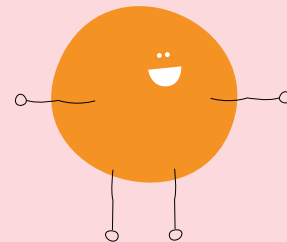
## Cool down



**#1** Side skips. Sidestep skips, then touch the floor. Do 10 of these each way.



**#2** Side pass. Kick your leg as if passing a ball. Do 10 of these each side.



**#3** Waist twists. Stand with your arms at chest height and twist for 30 seconds.

**Good game! What a top performance! See you next time.**

Snap a picture/video and tag @VirginActiveUK and we'll show off your moves!