**Football Focus in game Challenge**

As you are watching the game, if any of the following happens you must complete the task

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| IN GAME | TASK |
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| Kick Off | 30 X Jumping Jacks |
| Penalty (Either Team) | 10 X Burpees |
| Yellow Card (Either Team) | 20 X Alternating Lunges |
| Red Card | 20 X Squat Jumps |
| Goal | 60 Sec Knee-Highs Running |
| Keeper Makes a Diving Save | 10 X Push Ups |
| Corner Kick (Either Team) | 20 X Abdominal Crunches |
| Goal Kick | 20 X Bicycle Crunches |
| Throw In (Either Team) | 10 X Tricep Dips |
| Header Or Volley at Goal | 10 X Mountain Climbers |
| Substitution (Either Team) | 20 Sec Plank |
| Final Whistle | If Your Team Win – Treat / Lose – 10 Min Jog (or walk if can’t jog) |