

# football

**YOU TONE UP, GET FITTER AND MEET NEW FRIENDS.**  
**YOU'LL ALSO DEVELOP** your power, *ball skills*, speed, **endurance**, agility, co-ordination and all-round fitness.



**480** calories  
 burnt per hour

*The fun thing about playing football is that each dog will come up with a different way of handling the ball to deal with the fact that it's too big to get their jaws around.*

Start the game by gently kicking the ball along the ground toward your dog. Encourage him to get it. Because the ball is too big to pick up with his teeth, it will take him a few minutes to figure out that he must push it with his nose or bat it with his paws to get the ball moving. Give him lots of praise as he begins to catch on. As he gets better at it, you can include more people in the game. For breeds too small to handle a football, soft rubber balls can be found at pet shops.

**30** minutes  
 twice a week

## Vets Advice



**BE CONSIDERATE**  
 of the size of your dog  
 - smaller toy breeds might  
 not be suited to this.  
 Also be sure the ball is large  
 enough to not be swallowed.

