

Make your own soccer balls

Sports balls are not always easy to find in communities experiencing poverty, however communities are very resourceful.

Some children make soccer balls by re-using old plastic bags, other make them from paper mâché. What else can you make soccer balls from?



Aim: Make a soccer ball, just like the many young people and children around the world who get resourceful and make soccer balls out of different materials!

What you need

1. Plastic bag ball (Time: 10 minutes)

- 15 plastic bags
- String

2. Paper mâché ball

(Time: 20 minutes and time to dry.)

- Lots of strips of paper
- 1 balloon per ball
- Glue. You can make your own by cooking up flour and water to a paste and waiting for it to cool.

Instructions: Plastic bag ball

Scrunch the first bag in the palm of your hand then wrap it inside another bag.

Then keep going until you have used all 15 bags.

Rolling the ball in different directions will make it roughly round.

Tie a knot with the handles of the last bag and wind string around the outside.

Alternative: You could make the core of the ball with scrunched up newspaper and make the last few layers with plastic bags.

Instructions: Paper mâché ball

Blow up a balloon as your mould.

For the first layer, use water to wet the newspaper and cover the balloon.

For every following layer, cover both sides of the strips of newspaper in glue. Complete 3 layers and leave overnight to dry.

You can put some more layers on the next day depending on how thick and heavy you want the ball to be!



Photos: Children living in the favelas in Brazil make paper mâché soccer balls. Credit: Erin Johnson