



Especially in towns and cities, many kids are able to afford a proper soccer ball and uniforms but even if they live in a village or are poor, nothing stops a Tanzanian kid from playing soccer!

How to make a Tanzanian soccer ball

You'll need:

20-30 plastic bags (may be hard in SA - small garbage bags will do)
strong twine
3-4 sheets newspaper

1. Scrunch up newspaper in a tight ball.
2. Place this newspaper inside a plastic bag.
3. Wrap the plastic bag in a tight ball over the newspaper and tie off at the end. Cut off any extra 'bulging' bits.
4. Put this inside another plastic bag and wrap it around in a tight ball as in previous step.
5. Keep placing inside other plastic bags until you are happy with the size.
6. With a piece of string, tie it around the ball tightly. Wrap another piece of string around the ball so the whole ball is covered with string - make it nice and tight because this helps the ball to bounce and keep its shape.

