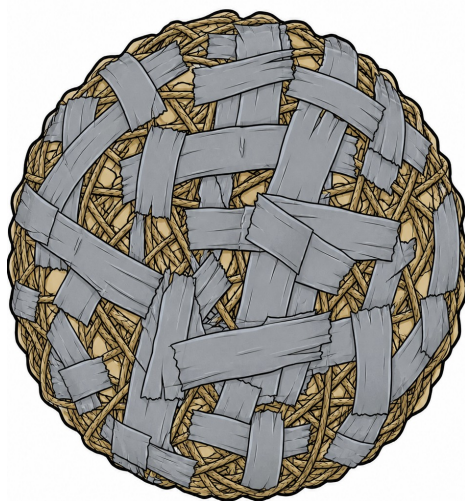


ILLUSTRATED STEPS / SAVE IT. FIND IT. BUILD IT.

SOCCER BALL

Turn clean bags and cloth into a hand-sized practice ball.



START HERE

01

GET READY

Tools + clickable build map

02

FOLLOW THE STEPS

One clearly numbered stage at a time

03

FIND IT AGAIN

Quick reference + PDF bookmarks

Use this soft craft ball for supervised ground passes. Get adult help with scissors. Keep loose bags, twine and scraps away from young children.

[WATCH THE TIKTOK](#)

[MORE FREE BUILD GUIDES](#)

SOURCES / UNICEF: make a football · Health Canada: toy safety

[BUILD MAP](#)

[NEXT](#)

YOUR BUILD MAP

Tap a step to jump there. The printed page numbers work offline too.

HAVE THESE READY

- Clean, dry plastic bags
- Soft washed rags; no buttons or zips
- Soft twine
- Duct tape
- Scissors; adult help for children
- Clear work surface and testing area

READ IN ORDER

PREP	Choose soft, clean materials	03
01	Make a soft starting lump	04
02	Grow it a little at a time	05
03	Cover the plastic with cloth	06
04	Keep the cloth from unwinding	07
05	Tape it; try a gentle pass	08
NOTE	Inspect before the next game	09

QUICK REFERENCE / PAGE 10

BEFORE YOU START

Small, soft demonstration ball for supervised ground passes. No hard filling, headers or powerful kicks. Adult help with scissors; keep loose plastic and cord away from young children.

KEEP THIS COPY

Save the PDF with its guide ID. Use the build map, bookmarks, or your PDF reader's search to find a step later. Video and source links need internet; the instructions do not.

SETUP

Choose soft, clean materials

READ BEFORE STEP 01

PREP

The goal is a ball you can comfortably hold in one hand and gently squeeze.



LAY OUT THE KIT

- **Gather several clean, dry plastic bags; soft washed rags without buttons or zips; soft twine; duct tape; and scissors.**
- Choose material that has not held chemicals or sharp waste.
- Use a clean work surface.
- An adult should help children prepare strips and cut twine.

SET THE LIMITS

- **Use only soft filling: no stones, metal, sand, hard knots or hidden weights.**
- Keep the project small and light.
- This guide is for supervised craft and gentle play; regulation size, bounce and match durability are not its targets.
- Put unused bags and string out of young children's reach.

SOURCES / Nuke: original build episode · Health Canada: toy safety

STEP

Make a soft starting lump

1 OF 5 / READ IN ORDER

01

Begin with one bag and leave the heavy objects in the ground.



BUNCH THE BAG

- **Gather one clean bag into a small rounded wad.**
- Fold loose edges and handles inward.
- Turn it between your palms to even out the shape.
- Avoid twisting it into a hard, tight knot.

CHECK IT WITH YOUR FINGERS

- **Press the center gently from several sides.**
- It should give under your fingers, with no hard point inside.
- If one side feels dense, unfold that part and spread the material more evenly.
- Hold the wad together while preparing the next layer.

SOURCES / UNICEF: make a football · Nuke: original build episode

BUILD MAP

PREVIOUS

NEXT

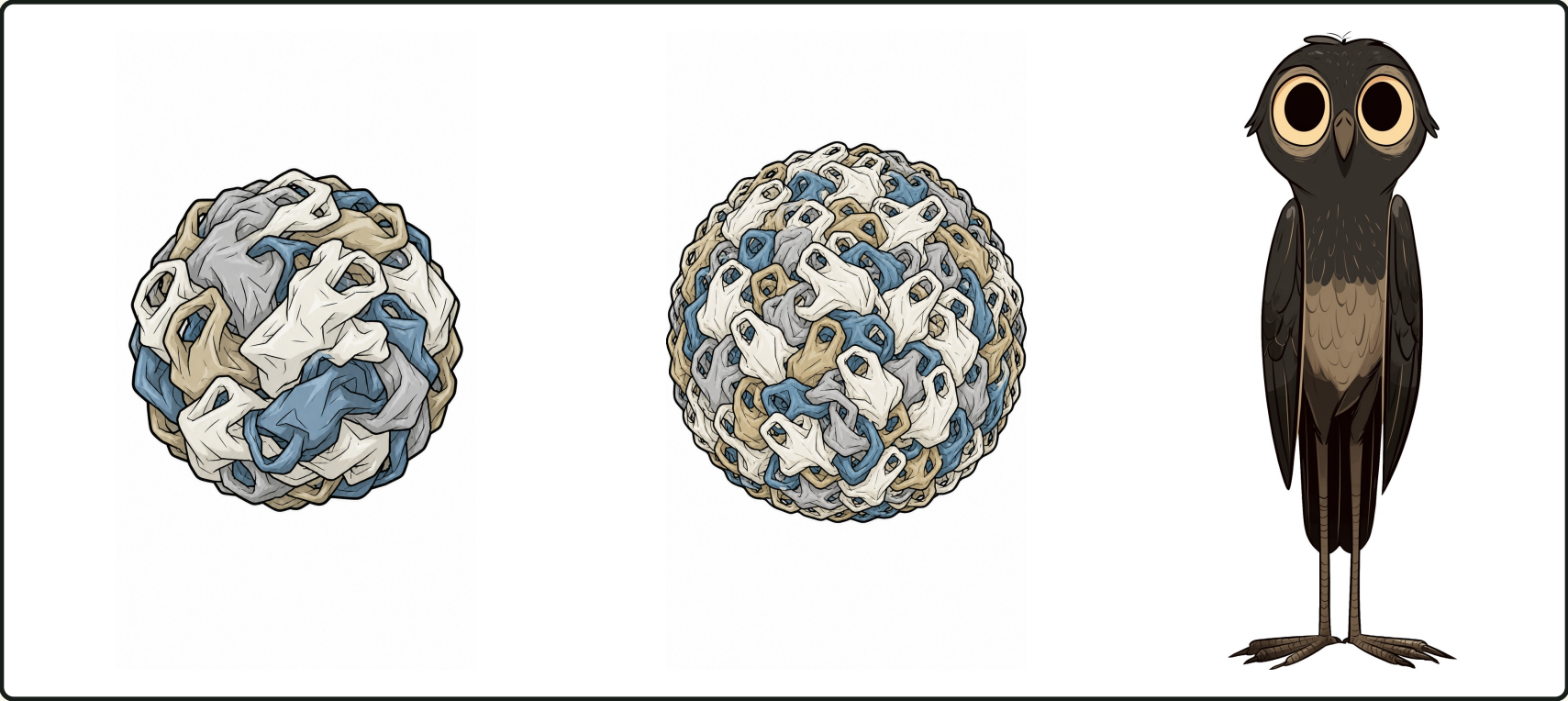
STEP

Grow it a little at a time

2 OF 5 / READ IN ORDER

02

Stop while the ball still fits comfortably in one hand.



WRAP AND TURN

- **Wrap another bag around the core, folding its opening and handles inward.**
- Rotate the ball before adding the next bag so folded edges do not all pile up in one place.
- Add layers only while you need more size.

KEEP THE SHAPE FORGIVING

- **After each layer, cup and turn the ball with both hands.**
- Smooth obvious bumps without crushing the center hard.
- Keep checking that it yields to a gentle squeeze.
- If it grows awkward or heavy, remove a layer now; tape will not make an oversized lump easier to use.

SOURCES / UNICEF: make a football · Nuke: original build episode

BUILD MAP

PREVIOUS

NEXT

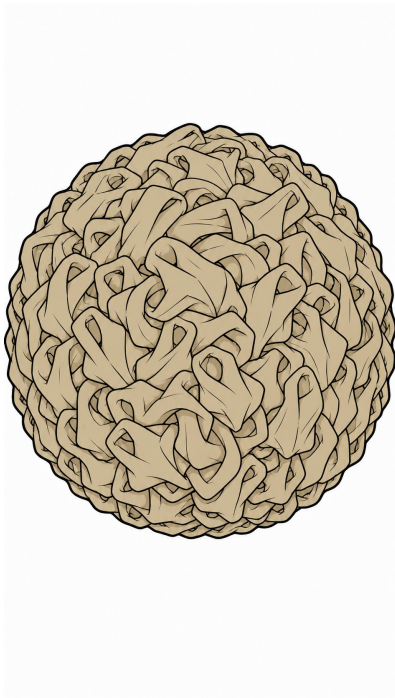
STEP

Cover the plastic with cloth

3 OF 5 / READ IN ORDER

03

Soft overlapping strips give the outside an even layer.



PREPARE THE STRIPS

- **With adult help where needed, use scissors to cut the washed rags into broad strips, roughly two fingers wide.**
- Remove hems or seams that make hard ridges.
- Put every offcut into a container as you work; do not leave scraps scattered on the floor.

WRAP OVER THE SURFACE

- **Lay a strip around the ball and overlap its ends.**
- Add more strips in different directions until the plastic is covered.
- Spread thick folds rather than stacking them.
- Hold the final ends in place; a helper can steady them while you begin the twine binding.

SOURCES / Nuke: original build episode · Health Canada: toy safety

BUILD MAP

PREVIOUS

NEXT

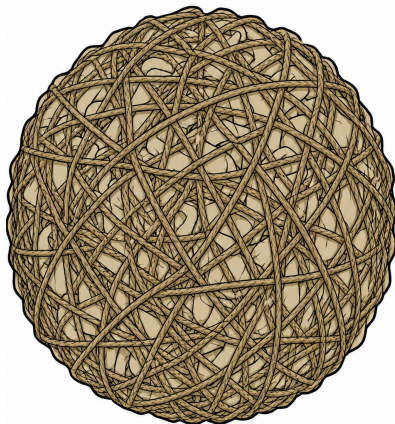
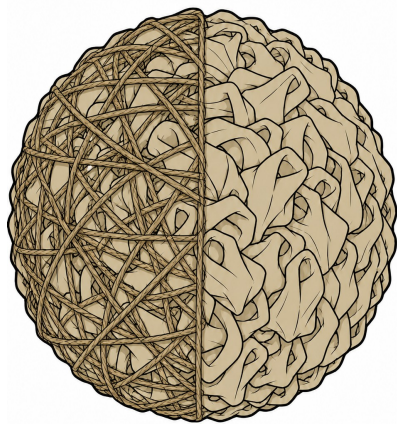
STEP

Keep the cloth from unwinding

4 OF 5 / READ IN ORDER

04

The binding holds the layers together without turning them rock-hard.



CROSS THE TWINE AROUND IT

- **Hold a short starting tail against the ball.**
- Wind the twine around the cloth, turning the ball between wraps so the lines cross in several directions.
- Make the turns snug against the surface; stop tightening if the ball loses its softness.

SECURE THE ENDS

- **Tie the finishing end to the starting tail with a double knot.**
- Tuck the short ends under nearby wraps.
- Ask an adult to trim excess if needed.
- Leave no dangling tail or open carrying loop, and never wind the twine around a body part.
- Keep unused cord away from young children.

SOURCES / Nuke: original build episode · CPSC: cord hazards

BUILD MAP

PREVIOUS

NEXT

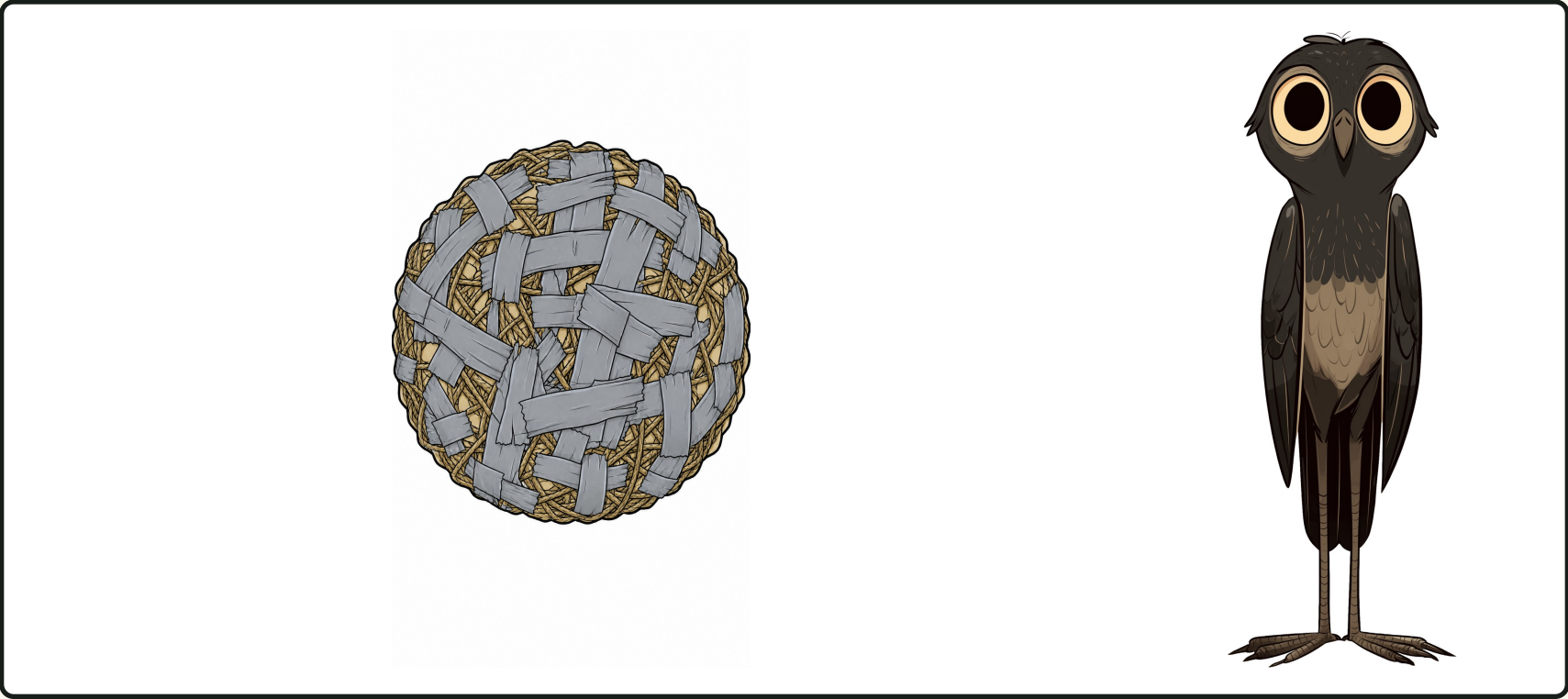
STEP

Tape it; try a gentle pass

5 OF 5 / READ IN ORDER

05

A successful first test is a controlled roll with nothing coming loose.



COVER THE BINDING

- **Apply short overlapping tape strips across the cloth and twine.**
- Smooth every edge and cover the knot and tucked ends.
- Use enough tape to hold the surface together, then stop; repeated thick layers add stiffness.
- Squeeze again and check for hard ridges or exposed string.

TEST ON CLEAR, LEVEL GROUND

- **Roll the ball by hand first.**
- If it stays together, try gentle foot passes over a short distance, away from roads and breakable objects.
- Keep it on the ground: no headers, hard kicks or aiming at people.
- Stop if the cover splits, a loop appears, or a hard spot is felt.

SOURCES / Nuke: original build episode · Health Canada: toy safety

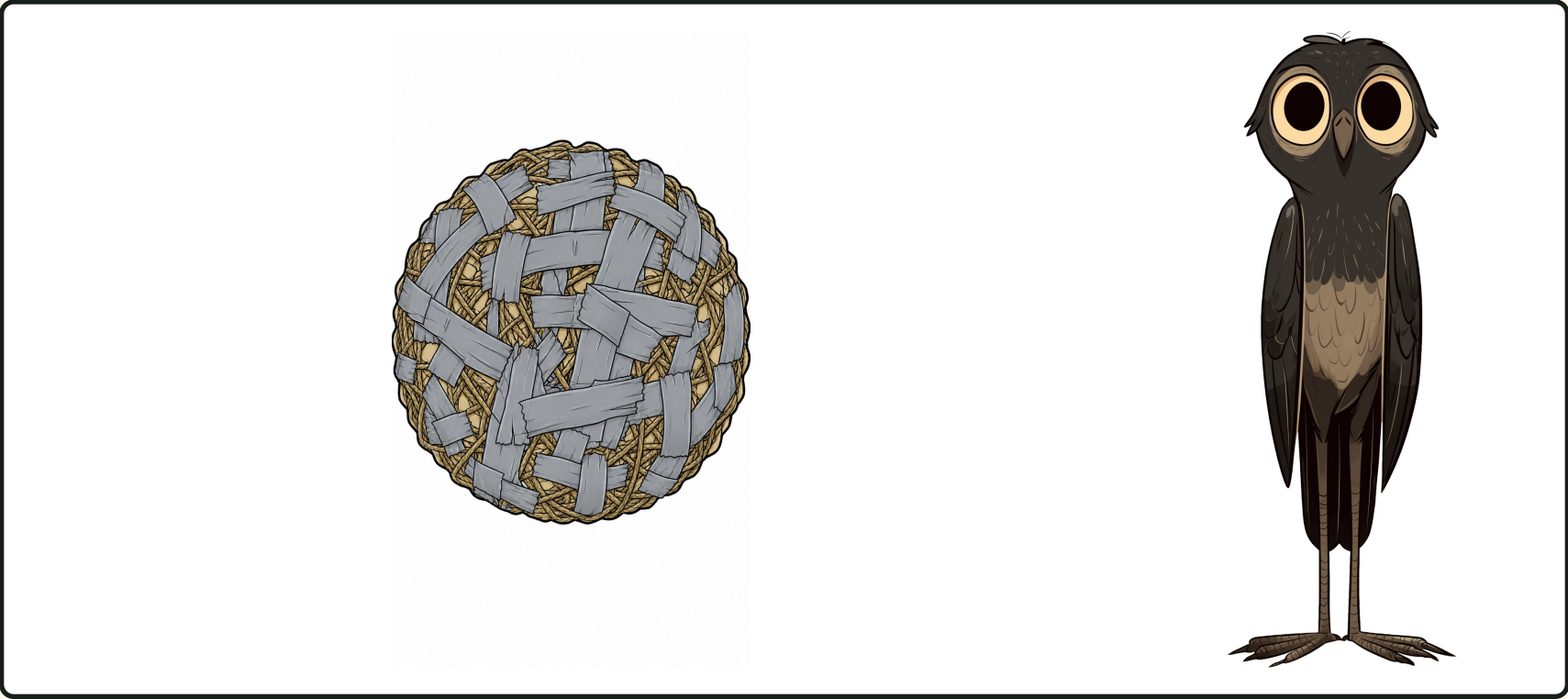
NOTE

Inspect before the next game

KEEP THESE LIMITS WITH THE STEPS

REF

A homemade ball changes with use. Recheck it every time.



FIX THE CAUSE OF A WOBBLE

- **For a badly uneven roll, peel back enough tape to reach the lump and redistribute the cloth or bag layers.**
- Rebind and repeat the gentle test.
- Do not hide a hard bulge under more tape.
- If the covering keeps failing or loose pieces cannot be secured, retire the ball.

KEEP IT DRY AND CONTAINED

- **Store the dry ball indoors, away from heat, babies, toddlers and pets.**
- If water gets inside, open it and let every layer dry before rebuilding; replace dirty or damaged material.
- Put loose bags, twine and scissors away after each session.
- This craft has no tested impact or waterproof rating.

SOURCES / Nuke: original build episode · Health Canada: toy safety

QUICK REFERENCE

Read the full steps first. Tap any row to return to its instructions.

BEFORE STEP 01

Small, soft demonstration ball for supervised ground passes. No hard filling, headers or powerful kicks. Adult help with scissors; keep loose plastic and cord away from young children.

- 01

Bunch a soft core

Fold one bag inward; check for softness and hard points.

P04
- 02

Add light layers

Rotate each wrap; stop at a comfortable hand-sized ball.

P05
- 03

Wrap the cloth skin

Overlap broad strips and smooth bulky folds.

P06
- 04

Bind with twine

Cross snug wraps, knot and tuck short ends. Leave no loops.

P07
- 05

Tape and test

Smooth the cover; squeeze, hand-roll, then try gentle ground passes. Stop if anything comes loose.

P08

NUKE SAYS

Retiring a ball is cheaper than recruiting a window.

SOURCES / Nuke: original build episode · Health Canada: toy safety