

FIT TO PLAY

SESSION 2



THINK TO PLAY

- I understand what quality practice is.
- I set goals on my practice and try to improve week to week.



MOVE TO PLAY

Run in a straight line

Turn off either foot



[CLICK HERE FOR MORE INFORMATION](#)

[CLICK HERE FOR MORE INFORMATION](#)



LIVE TO PLAY

- I plan when and where my practice will take place.
- I understand good sleep patterns will help me to be healthy.

SKILL TO PLAY

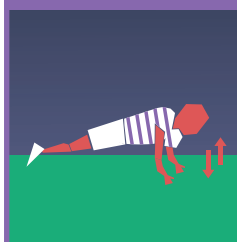
- Can you catch a ball using 2 hands without it touching your chest?
- Can you catch a ball using 1 hand without it touching your chest?
- Can you catch a ball whilst you are running without it touching your chest?
- Can you pass to a target with 2 hands?
- Can you pass to a target with 1 hand?

WORK OUT

PRESS UP + WALL SIT x10

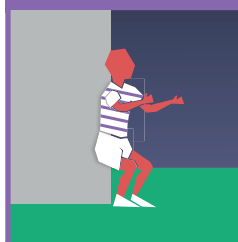
REACTION ACTIVITY

PRESS UP



PRESS UP
(10 REPS)

WALL SIT



WALL SIT
(20 SEC)

REACTION ACTIVITY



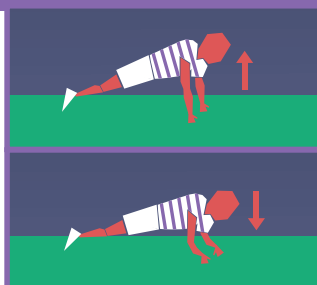
- Get 4-6 numbered objects/cones and place them 2m/3m away from you.
- Parents call between 3-6 numbers for the player to react and remember.
- You touch them in sequence & repeat this x 10.

WEEKLY LEADER BOARD CHALLENGE

RULES

PRESS UPS

Repeat this a few times, video it and send in your score!



- Find yourself some time and space.
- See how many press ups you can do in 30 or 60 seconds.
- Have a minute to rest then repeat.
- What was your best effort?
- Set yourself a goal and work towards it.