

FIT TO PLAY

SESSION 5



THINK TO PLAY

- I conduct my own practice away from school/club.
- I record the things I do/try/practice as a video or diary.



MOVE TO PLAY

| | |
|---|---|
| Superman | Vertical Jump |
| | |
| 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 pick a ball up with 2 hands.
- Can you put a ball down with ball in 2 hands.
- Can you put a ball down with ball in 1 hand.
- Can you put a ball down whilst both feet are in the air.

WORK OUT

SQUATS + PLANK + PRESS UPS + WALL SIT x6

COLOUR REACTION

| | | | | |
|---|--|---|--|--|
| <p>SQUATS</p> <p>SQUATS (10 REPS)</p> | <p>PLANK</p> <p>PLANK (20 SEC)</p> | <p>PRESS UPS</p> <p>PRESS UPS (10 REPS)</p> | <p>WALL SIT</p> <p>WALL SIT (20 SEC)</p> | <p>COLOUR REACTION</p> <ul style="list-style-type: none"> • Get 4 coloured cones and place them 2m/3m away from you. • Parents call between 3 colours for the player to react and remember. • You touch them in sequence & repeat this x 10. |
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WEEKLY LEADER BOARD CHALLENGE

RULES

STANDING JUMP

Did you jump further than last time?



- Set a start line for your jump. Both feet, toes to the line.
- Hands on hips.
- Dip down and jump for distance.
- Measure from the start line to the back of your heel.