

# FIT TO PLAY

## SESSION 9



### THINK TO PLAY

- Understands seeing and trying new skills is important.
- Know that watching players try skills will give me ideas and help me to learn.



### MOVE TO PLAY

Run in a straight line.

Turn off either foot.



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### LIVE TO PLAY

- I find opportunities to watch new skills and try them.
- I enjoy watching new things then trying them out.

### SKILL TO PLAY

- Can you run with a ball in 1 or 2 hands?
- Can you change from 2 to 1 hand and back whilst running?
- Can you change direction whilst you do it?
- Can you put the ball round your back or through your legs?

### WORK OUT

PRESS UPS + WALL SIT + OVERHEAD SQUATS + HAND PLANK x6 → NUMBER REACTION

#### PRESS UPS



**PRESS UPS**  
(10 REPS)

#### WALL SIT



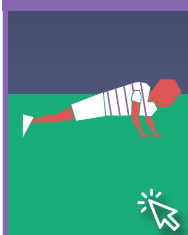
**WALL SIT**  
(20 SEC)

#### OVERHEAD SQUATS



**OVERHEAD SQUATS**  
(10 REPS)

#### HAND PLANK



**HAND PLANK**  
(20 SEC)

#### NUMBER REACTION

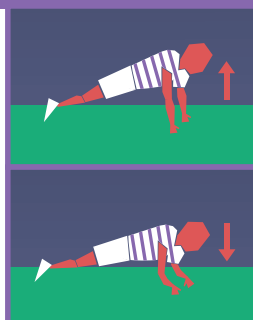


- Get 4-6 numbered objects/ cones and place them 2m/3m away from you.
- Parents call between 3-6 numbers for the player to react and remember.
- You touch them in sequence & repeat this x 10.

### WEEKLY LEADER BOARD CHALLENGE

#### PRESS UPS

Number in a 30 or 60 secs. Repeat this a few times, video it and send in your score!



### RULES

- 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 based on your last attempt and work towards it.
- Did you do more than last time?