

FIT TO PLAY

SESSION 1



THINK TO PLAY

- I understand the benefits of practice.
- I know that practice helps me and my team to improve.



MOVE TO PLAY

Superman

Vertical Jump



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LIVE TO PLAY

- I spend time practicing skills.
- I manage my time to balance sport, training and school work.

SKILL TO PLAY

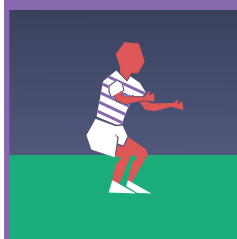
- Can you pick up a ball using 2 hands?
- Can you score/put a ball down using 2 hands?
- Can you score/put a ball down using 1 hand?
- Can you score/put a ball down whilst both feet are in the air?

WORK OUT

SQUAT + PLANK x10

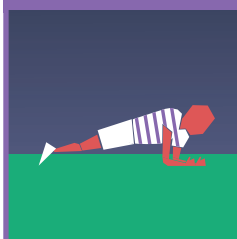
REACTION ACTIVITY

SQUAT



SQUAT
(10 REPS)

PLANK



PLANK
(20 SEC)

REACTION ACTIVITY



- Get 4 different coloured objects and place them 2m/3m away from you.
- Your parent calls three colours.
- You touch them in sequence & repeat this x 10.

WEEKLY LEADER BOARD CHALLENGE

STANDING JUMP

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



RULES

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