



# FIT TO PLAY

## SESSION 4



### 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.



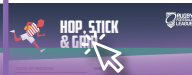
### MOVE TO PLAY

#### Squat



[CLICK HERE FOR MORE INFORMATION](#)

#### Hop, stick and grip



[CLICK HERE FOR MORE INFORMATION](#)



### LIVE TO PLAY

- Find a suitable time and place to practice.
- I know eating well will help me to perform and recover.

### SKILL TO PLAY

- Can you catch a ball that is kicked above your head?
- Can you catch a ball that is kicked low to the ground?

### WORK OUT

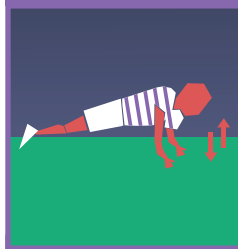
TUCK JUMPS + PRESS UPS x10 → DIRECTION REACTION

#### TUCK JUMPS



 TUCK JUMPS (10 REPS)

#### PRESS UPS



 PRESS UPS (10 REPS)

#### DIRECTION REACTION



- Set yourself a compass on the floor (N/E/S/W).
- Parents call between 3-6 directions for the player to react + remember.
- You touch them in sequence & repeat this x 10.

### WEEKLY LEADER BOARD CHALLENGE

#### BURPEES - NUMBER IN 30 OR 60 SECONDS.

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



### RULES

- Find yourself some time and space.
- See how many burpees 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.