

# SKILL TO PLAY



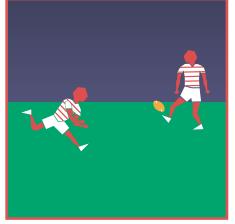
## WEEK 3

KICKING A BALL TO A

#### • Can you kick a ball to hit a target that doesn't move?

- Can you kick a ball to hit a target that is moving?
- Can you kick the ball whilst running?







**MOVE TO PLAY** 

Vertical

VERTICAL

CLICK HERE

INFORMATION

FOR MORE

Jump

Squat

CLICK HERE

INFORMATION

FOR MORE



#### 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.





### LIVE TO PLAY

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

