



# FIT TO PLAY

## SESSION 7



### THINK TO PLAY

- I want to practice and learn new skills.
- I know that working away from school/ club will help my development.



### MOVE TO PLAY

#### Squat



[CLICK HERE FOR MORE INFORMATION](#)

#### Vertical jump



[CLICK HERE FOR MORE INFORMATION](#)



### 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 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?

### WORK OUT

#### BURPEES

+

#### PLANK x10



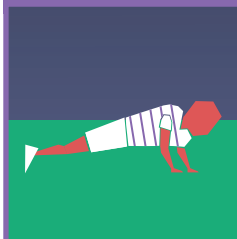
#### HYBRID REACTION

#### BURPEES



**BURPEES**  
(10 REPS)

#### PLANK



**PLANK**  
(20 SEC)

#### HYBRID REACTION



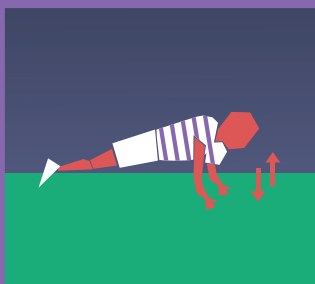
- Set yourself an 8 point circle with colours, numbers, directions.
- Parents call between 3-6 colours/number/ directions for the player to react.
- You touch them in sequence & repeat this x 10.

### WEEKLY LEADER BOARD CHALLENGE

### RULES

#### PRESS UPS

How quickly can you do 26 press ups? Repeat this a few times, video it and send in your score!



- Find yourself some time and space.
- See how long it takes to do 26 press ups.
- Have a minute to rest then repeat.
- What was your best effort?
- Set yourself a goal and work towards it.



[CLICK HERE TO DONATE TO THE 2.6 CHALLENGE?](#)