



# FIT TO PLAY

## SESSION 10



### 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

#### Superman



CLICK HERE FOR MORE INFORMATION

#### Medicine Ball Throw



CLICK HERE FOR MORE INFORMATION



### LIVE TO PLAY

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

### SKILL TO PLAY

- Can you catch a ball using 2 hands without it touching your chest?
- Can you catch a ball using 1 hand without it touching your chest?
- Can you catch a ball whilst you are running without it touching your chest?
- Can you pass to a target with 1 hand/2 hands?

### WORK OUT

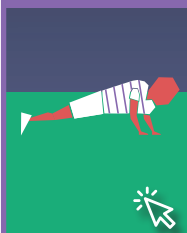
OVERHEAD SQUAT + HAND PLANK + TUCK JUMPS + PRESS UPS x6 → COLOUR + NUMBER REACTION

#### OVERHEAD SQUATS



OVERHEAD SQUATS (10 REPS)

#### HAND PLANK



HAND PLANKS (20 SEC)

#### TUCK JUMPS



TUCK JUMPS (10 REPS)

#### PRESS UPS



PRESS UPS (20 SEC)

#### COLOUR + NUMBER REACTION



- Get 4-6 coloured/numbered cones and place them 2m/3m away from you.
- Parents call between 3-6 colours/numbers for the player to react + remember.
- 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 line.
- Hands on hips.
- Dip down and jump for distance.
- Measure from the start line to the back of your heel.
- Did you jump further than last time??