

PHYSICAL ACTIVITY PACK



April/May 2020



Premier
League
Kicks

Being physically active is important, it will help you keep a positive mood, sleep better and have more energy. It is fun and offers you great health benefits.

Physical activity also offers you the chance to improve physical fitness, mental wellbeing, and technique and skill development.

This pack offers you a way of staying active.

Please make sure you use this pack responsibly and have safe environment to perform the activities in.

Please check the surface being used is safe and clear of any hazards, footwear and clothing is appropriate, and equipment is suitable and in working order and is absenting of damage and unlikely to fail.

Please warm up first and stay hydrated and enjoy yourself. Use Music alongside activities, set yourself challenges to improve and develop a routine.

Equipment needed – a ball, 4 cones or markers (jumpers, tin, or toilet roles) and a wall or partner.

Activity Framework

	Activity	Track your Emotions, feeling and wellbeing. How did you feel before, during and after? What things did you think about? How did you perform any challenges you set?
Monday	Warm up Activity 1 & 2 Cool down	
Tuesday	Warm up Activity 4 & 6 Cool down	
Wednesday	Warm up Activity 1 & 7 Cool down	
Thursday	Warm up Activity 3 & 2 Cool down	
Friday	Warm up Activity 4 & 5 Cool down	
Saturday	Warm up Activity 6 & 7 Cool down	
Sunday	Warm up Activity 5 & 3 Cool down	

Repeat

The Warm up!

The purpose of a warm-up is to prepare your body for physical activity. The warm-up is generally used to increase body temperature, increase heart rate and breathing rate, prepare the body and mentality for exercise.

1. Jogging on the spot holding the ball – 1 mins
2. Figure 8 the ball through your legs with hands. – 1min
3. 'Step overs', on the spot – 1min
4. Toe taps on the ball – 1min
5. Bounce and catch the ball at head high – 1min
6. Breathing and mobility – 1min

(Breathe with control while moving your arms, legs, hips and core slowly in a range of movements and directions).

**ALWAYS WARM UP BEFORE ACTIVITY TAKE A SMALL REST
BETWEEN ACTIVITIES WITH WATER AND COOL DOWN
AFTERWARDS.**

Activity 1

Kick Up Challenge.

- How many Kick ups can you do without the ball hitting the floor? You have five goes!

Make easier? = allow for one bounce between kicks.

Make harder? = use alternate feet.

Track your progress.

What is your first score _____.

Next time _____.

Next time _____.

Next time _____.

Next time _____.

Next time _____.

Next time _____.

Best ever score _____.



Win GTSET Prize by entering this challenge.

Contact us with your progress.

Name, age and what is your starting score and your best ever score. Please check you have parents' consent, participants entering that double their score will be entered into a random prize draw.

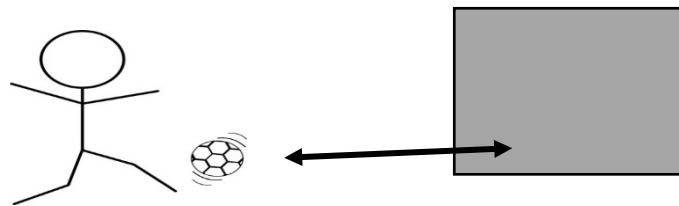
Kris@gtset.co.uk

Activity 2

The Wall

- Pass the ball against a wall from 5 steps away as fast as possible, repeatedly. (can use a partner in replace of wall)

10 Minutes practice



Make easier? = control the ball first, using two touches.

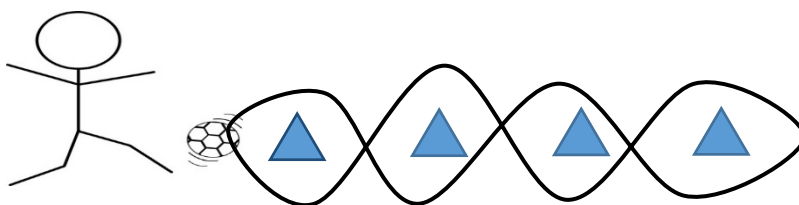
Make harder? = use alternate feet first time.

Activity 3

The ZIG and the ZAG

- Using 4 cone markers (Jumpers, tins, toilet roles) create a line with one step space between. Dribble the ball in and out of the cones always facing the same way going forwards and then backwards through.

10 minutes practice



Make easier? = always travel forwards facing.

Make harder? = use alternate feet.

Activity 4

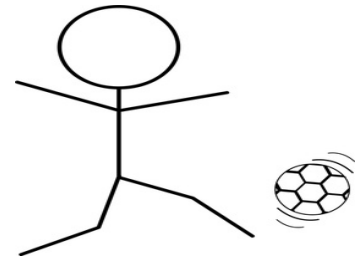
The Pele 7

- Using a ball, keep it off the floor by using your body in this order. (Foot, knee, shoulder, head, shoulder, knee foot). Up one side and down the other side of your body.

10 minute practice.

Make easier? = catch the ball between body parts.

Make harder? = go round twice without stopping.

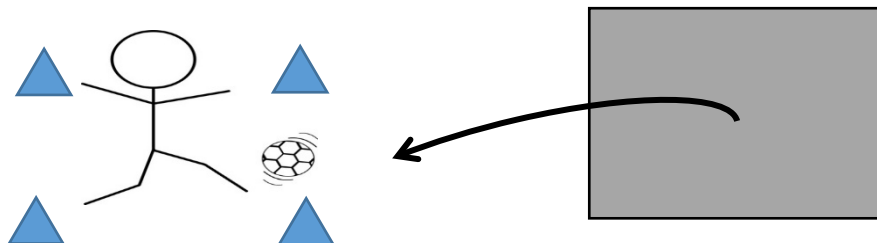


Activity 5

Control the ball

- Throw the ball against a wall from 8 steps away repeatedly. (Can use a partner in replace of wall) control the ball using different body parts in a 3 step by 3 step square marked out with cones (or alternatives). Can you stop the ball still off the wall in the square?

10 minute practice



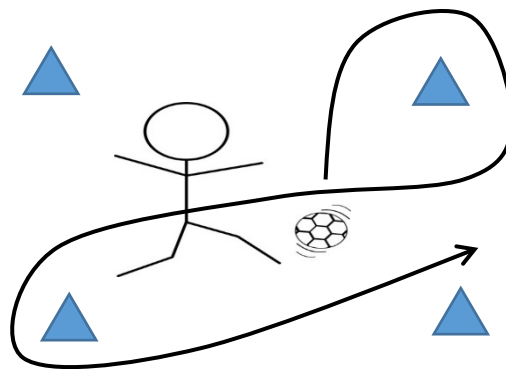
Make easier? = increase the size of the square.

Make harder? = only use two touches and keep the ball in the air, going back and forth with the wall (keep it off the floor).

Activity 6

Turning square

- Mark out a square 5 steps by 5 steps with cones (or alternatives), dribble across the square to each cone in a random order, performing a turn around the cone and heading to a new one. How many different turns can you come up with using different parts of your feet. 10 minute practice.



Make easier? = dribble around the outside of the square.

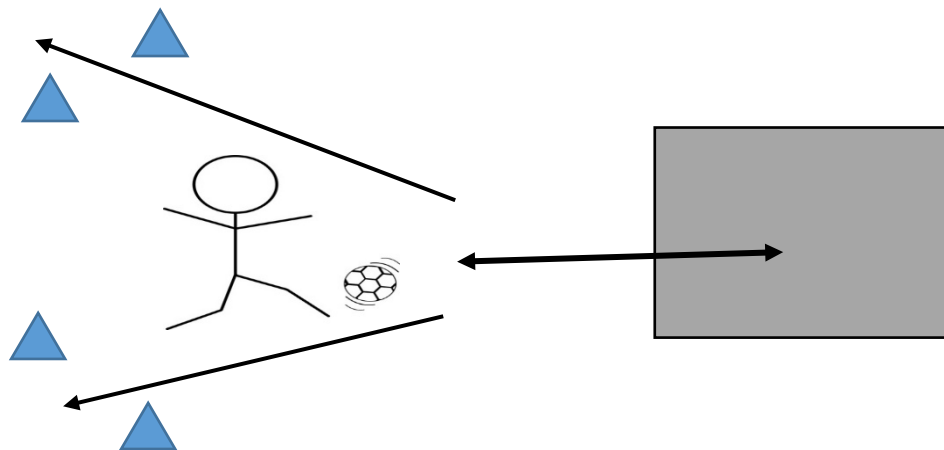
Make harder? = use a tennis ball.

Activity 7

On target

- Place 2 markers together making a small goal, place two goals in different locations (to the side or behind you), pass the ball against the wall (or partner) and adjust your body to try and score first time, retrieve the ball and repeat hitting the next goal and so on. Accuracy not power!

10 minute practice



Make easier? = make the goals bigger, take a touch before hitting the goal.

Make harder? = chip the ball against the wall to start, causing it to bounce back towards you.

COOL DOWN

It is important to cool down to help your body recover quickly and limit the risk of injury. The cool down session aims to gradually decrease the heart rate and relax the muscles; an effective cool down will restore the body to its original state.

1. Slow walk around and control breathing - 2 mins
2. Stretch out your body as tall and wide as possible as a star, with hips forwards. – 30 sec
3. With the wide straight legs, now reach forwards and to the floor – 30 sec
4. Bring legs together and lift and hold under alternate knees at a right angle, with back straight. – 30 sec each.
5. Lay flat on your back, keeping shoulder on the floor. Cross your arm over your chest try to touch the floor on the other side up – 30 sec each arm.
6. Breathing and mobility movements from warm up– 1 min

Hydrate, drink water.



Repeat the week as often as you like.

Hope you enjoy.

Grimsby Town Sports and Education Trust.