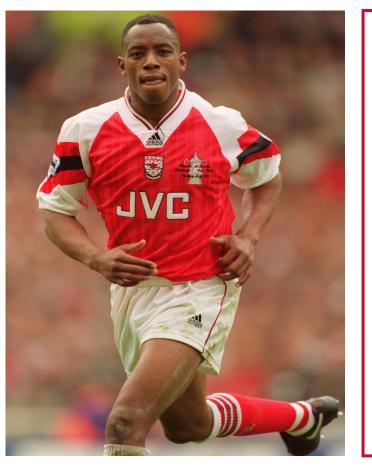
ARSENAL HOME LEARNING

PE AT HOME IAN WRIGHT CHALLENGE PACK

PROFILE

POSITION: STRIKER APPEARANCES: 288 COUNTRY: ENGLAND





The Arsenal legend we are focusing on is lan Wright! Wrighty's composure and broad range of finishes made him a natural goal scorer. He is second in the Club's all-time top scorers list with 185 goals. In today's lesson you will be learning how to: Shoot with accurate FINISHING Set up a shot with quality RECEIVING

Play with COMPOSURE

PLAY LIKE IAN WRIGHT - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

<u>3 x ITEMS - TO MOVE AND SCORE WITH</u> Example: Ball, toilet roll, rolled up paper, rolled socks

> <u>**4 x OBJECTS - TO SET UP AN AREA**</u> **Example:** Books, toys, clothes

<u>1 x TARGET - TO SCORE INTO OR KNOCK OVER</u>

Example: Laundry basket, saucepan, bucket, water bottles, toys, clothes

<u>1 x OBSTACLE - TO DRIBBLE AROUND</u> Example: Clothes, books, water bottles

<u>1 x TIMER</u> Example: Stopwatch, watch, mobile phone

SPACE

INDOOR SPACE

Example: Bedroom, living room

OUTDOOR SPACE

Example: Garden

PEOPLE

SINGLE PLAYER or 2 PLAYER

You can play by yourself, or you can challenge someone in your family (only if you are living in the same household) to take part, too!

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#AFCHOMELEARNING

CHALLENGE #1 - WRIGHTY'S FINISH WITH FINESSE



HOW TO PLAY

- 1. Find an object and a target and place them a good distance apart (see picture). The object will be your starting point.
- 2. Place an obstacle between the target and the object (see picture).
- 3. Find an item you can dribble and throw/kick safely.
- 4. Dribble your item up to the obstacle, move to the left/right to get past it and score into the target for 1 point.
- 5. How many points can you score in 10 attempts?
- 6. Try again! Can you improve your personal best?

LEVEL UP CHALLENGES: CAN YOU...



Use a smaller target?

SILVER LEVEL

Finish in a different way every time, such as using different parts of the foot, underarm/overarm throw or alternate hand/foot?

GOLD LEVEL

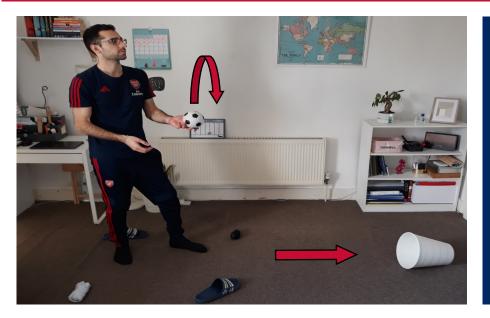
Use your non-writing hand/non-preferred foot only?



#AFCHOMELEARNING

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CHALLENGE #2 - IAN'S FIRST TOUCH AND FINISH



HOW TO PLAY

- 1. Use 4 objects to build your playing area in a square (see picture).
- 2. Place a target a good distance away from the square (see picture).
- 3. Find an item you can throw/kick safely.
- 4. Start inside the square. Throw the item in the air, control it inside the area using your hands/feet and try to score into the target.
- 5. Score 1 point for every successful shot. How many points can you score in 10 attempts?
- 6. Try again! Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...



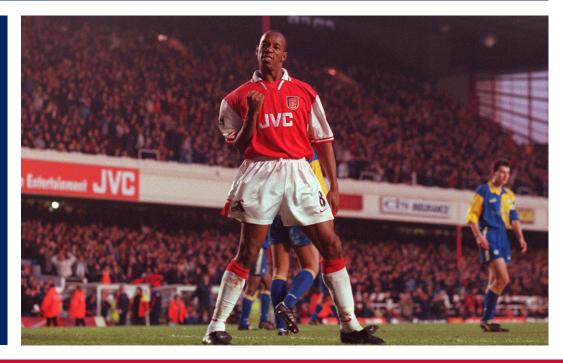
Make your square smaller?

SILVER LEVEL

Use your non-writing hand/non-preferred foot?



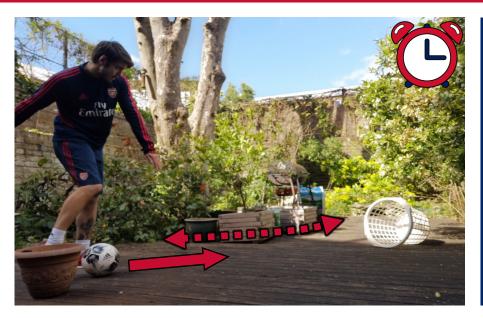
Keep the item in the air with your first touch and volley it safely into the target?



#AFCHOMELEARNING

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CHALLENGE #3 - WRIGHTY'S SHOOT OUT SPRINTS



HOW TO PLAY

- 1. Find an object and a target and place them a good distance apart. The object will be your starting point (see picture).
- 2. Find an item you can throw/kick safely and place it next to the start.
- 3. Sprint to touch the target, run back to the start and kick/throw the
- item into the target to score 1 point. Retrieve the item and repeat.
- 4. How many points can you score in 1 minute? Don't forget to time!
- 5. Try again! Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

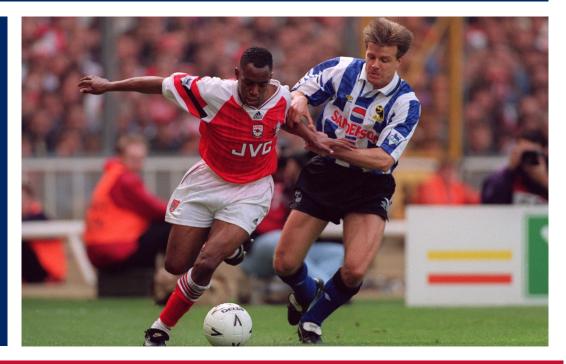
Move in different ways before you shoot, such as hopping or jumping?

SILVER LEVEL

Move in different ways and finish with your non-writing hand/non-preferred foot?



Play for 55 secs and try to equal your score for 1 minute?



#AFCHOMELEARNING

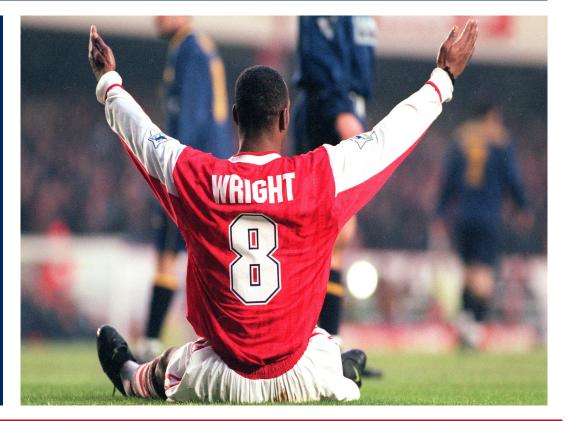
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HOW TO PLAY

Find 3 different items and a safe space to play. Ask a member of your household to throw each one in the air for you to control or catch with your hands/feet. How good is your first touch? Can you get 3 out of 3?

PRO TIPS

- Use items that are different shapes and sizes to challenge yourself.
- Be aware of the space around you.
- Keep focus on the item.
- Adopt a good ready position by being on your toes and facing the person throwing the items.



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