

Tuesday, 28<sup>th</sup> April

Good morning!

We hope that you are getting nice and active at home & here are some ideas that might keep you busy today! Maybe start the day with a Guided Dance video of your choice from <https://app.gonoodle.com/> or just dance to your favourite song!

Elvery Sports have uploaded some fun circuit training videos that will keep you busy at different stations.

<https://www.youtube.com/watch?v=HzLkp3Mt-Nc#action=share>

This link will bring you to the circuit training videos but if this doesn't work they can be found on the Elverys blog website under the Workouts to Try At Home section.

They also have some ideas for footballers of all skill levels:

If the weather is not suitable for outdoor activities then Go Noodle have a wonderful resource called Indoor Recess, which is suitable for trying in your living room!

P.E. with Joe Wicks has proven to be very popular over the last few weeks and he Live Streams a workout every morning at 9a.m. His workouts can all be found on Youtube. Please make sure an adult directs you to the correct website. A sample of a workout from last Friday can be found here

<https://www.youtube.com/watch?v=nMpSKmcdXBI>

**Keepie Uppies:** The easiest of them all. Try to keep the ball from hitting the ground by repeatedly kicking it, kneeling it or heading it. Count how many you do and try and beat your record. (By the way, the world record is someone keep the ball up for 26 hours.)

**Ball Control Course:** Set up a couple of obstacles (cones, bottles etc.) a few feet apart. Dribble the ball zig-zag between the obstacles, keeping the ball under control. The better you get, the quicker you should be able to go.

**Shooting practice:** We recommend you definitely do this one in the garden. Put a bin, bucket or a target about 20 meters away and try to hit it. To make things harder, try to get the ball into the bin if possible.

**The Maradona Seven:** This is a hard one, made famous by Diego Maradona. Start by kicking the ball from one foot to the other, then to your knees (one to the other), then knee the ball up to your shoulders (one and then the other) and finally finish

with a header. You should only touch the ball 7 times in the process i.e. left foot, right foot, left knee, right knee, left shoulder, right should and finish with a header. Good luck.

## GAELIC FOOTBALL

We'll take some inspiration from some of the great content already out there from some of the best players in the country.

**Hand passing:** Stand 2 meters away from a wall, get the timer on 30 seconds and pass the ball to the wall as many times as possible in the 30 seconds. Keep trying to break your record.

**Kick passing:** Similar to the hand passing, stand 5 meters away from the wall. Set the timer to 30 seconds and see how many kick passes you can do in that time. All these drills will improve skill sets and hand eye coordination.

**Target practice:** Place a bottle 20 meters away on top of a bin or wall, and try to hit it with the ball. This will improve kick passing and shooting.

**Fielding:** Out in an open space, kick or throw the ball in the air and catch it over your head. This will keep fielding skills sharp.

## RUGBY

There are a lot of simple rugby drills that can be set up at home. Here are a few ideas.

**Passing:** This is better done with two people from your own household. Stand 5 meters away from one another. Set the clock to 30 seconds. Pass the ball over and back as many times as you can in that time. Try it a few times and see what's the highest score you can get.

**Target practice:** Place a bottle on the ground, on a wall or on a bin outside. Stand back and attempt to knock it. Once you hit it move back to a further distance and try to hit it again. Keep doing this, as it will improve passing range and accuracy.

**Obstacles:** Speed and footwork are vital in rugby. Set up 10 cones, sticks or bottles and zig-zag through them without knocking any. If you have hurdles of any type, use these to improve your jumping and quick feet. Have a ball in hand while doing this.

**Pick ups:** If you have a garden, roll the ball on front of you, sprint towards the ball and pick it up at pace. This could come in handy in future.

## BASKETBALL AND AMERICAN FOOTBALL

There may be some American sports fans reading this. If anyone has a basketball hoop, see how many shots in a row you can get from 5 meters, then 10 meters, then 15 meters. Keep trying to beat your record. You can use the basketball hoop with an American football also. Try and get the ball into the hoop from as far away as you can. Let us know your record.

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These are just suggestions so please feel free to make up your own activity or go for a long walk!

Have fun !