



SKILL TO PLAY

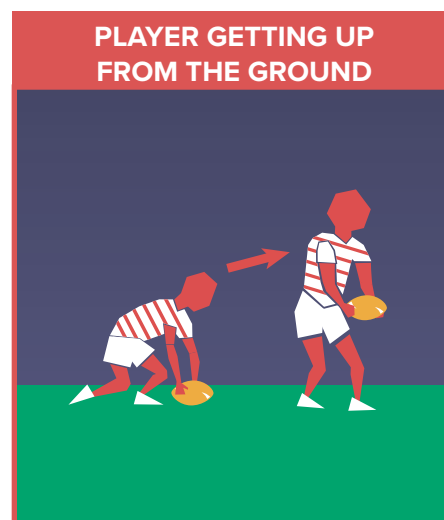
PLAY THE BALL

WEEK 6

KEY



- Can you get up and down safely?
- Can you get up using only right/left hand and right/left foot?
- Can you do this whilst securing the ball?
- Can you forward/backward roll whilst securing the ball?



MOVE TO PLAY

Superman	Squat
CLICK HERE FOR MORE INFORMATION	CLICK HERE FOR MORE INFORMATION

THINK TO PLAY

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

LIVE TO PLAY

- I find opportunities to watch new skills and try them.
- I enjoy watching new things then trying them out.

