

PE AT HOME DAVID LUIZ CHALLENGE PACK

PROFILE

POSITION: DEFENDER

AGE: 33

COUNTRY: BRAZIL



The Arsenal player we are focusing on from the men's team is David Luiz!

David plays as a central defender. He is known for his strength, astute awareness and for being a good motivator to his teammates.

In today's lesson you will be learning how to:

- ✓ Increase your **STRENGTH**
- ✓ Increase your **AWARENESS**
- ✓ Support others with **MOTIVATION**

TOP SKILLS

 **STRENGTH**

 **AWARENESS**

 **MOTIVATION**

PLAY LIKE DAVID LUIZ - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

9 x ITEMS - TO THROW/KICK SAFELY

Example: Ball, toilet roll, rolled socks, rolled up paper

2 x OBJECTS - TO SET UP AN AREA

Example: Books, toys, clothes

4 x TARGETS - TO SCORE INTO

Example: Laundry basket, books, toys, water bottle

4 x OBSTACLES - TO STAY AWAY FROM

Example: Books, toys, clothes

1 x TIMER

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!

CHALLENGE #1 - DAVID'S STRENGTH CIRCUIT

A. KNEE TUCK



B. AIRPLANE LUNGES



C. SQUAT & PUSH



HOW TO PLAY

1. Find a clear space with a soft surface.
2. Complete each activity with 6 reps and 10 secs' rest between each one.
3. Once the circuit has been completed, rest for 1 minute and repeat.
4. See pictures and descriptions below to help you with each activity:
 - A. Lay on back with legs straight. Bring knees into chest.
 - B. Stand up, arms out. Step forward and bend knee (alternating).
 - C. Stand up, arms above head. Bend both knees and touch the floor.
5. Try again! Can you complete the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Do 8-10 repetitions on each activity?

SILVER LEVEL

Add another activity of your own into the circuit?

GOLD LEVEL

Time yourself for 1 minute and see how many reps can you do?



CHALLENGE #2 - DAVID'S BEAT THE BLOCK



HOW TO PLAY

1. Place 4 targets at one end of the area and 4 obstacles in front (see picture).
2. Find an item you can throw or kick safely.
3. Use 2 objects for your starting position. Stand anywhere in between.
4. To complete the game you need to score in all 4 targets by throwing or kicking your item along the floor and avoiding the obstacles.
5. Add up the number of attempts to calculate your score.
6. Try again! Can you play again using fewer attempts?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Set a maximum number of attempts to complete the game?

SILVER LEVEL

Chip over the obstacles using hands or feet?

GOLD LEVEL

Use your non-writing hand to throw or non-preferred foot to kick?



CHALLENGE #3 - DAVID'S LOOK AND LEAP



HOW TO PLAY

1. Find a clear space and place 3 targets at one end (see picture).
2. Find 9 items you can throw/kick safely and scatter them around the playing area (see picture).
3. Start at opposite end to targets. Jump towards an item and try to throw/kick it into a target. Repeat for remaining items.
4. Score 1 point for every successful attempt. However, you can't shoot into the same target twice in a row! How many can you score out of 9?
5. Try again! Can you beat your score?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Move in different ways, such as hopping or jumping from one foot to the other?

SILVER LEVEL

Use your non-writing hand to throw/non-preferred foot to kick?

GOLD LEVEL

Jump and throw/kick safely at the same time?



HOW TO PLAY

Can you challenge one of the people in your household to do one of the activities from today's lesson? Your role is to motivate them throughout the challenge.

PRO TIPS

- Use positive language to motivate someone.
- Can you help them set and achieve a personal goal?
- Reward your challenger every time they score a point with praise and a high five!

