

## PE AT HOME VIVIANNE MIEDEMA CHALLENGE PACK

### PROFILE

POSITION: STRIKER

AGE: 23

COUNTRY: NETHERLANDS



The Arsenal player we are focusing on from the women's team is Vivianne Miedema!

Vivianne is a phenomenal attacking force. She is currently top of the rankings for both goals and assists in the Women's Super League.

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

- ✓ Score using **VOLLEYS**
- ✓ Volley an item with **CONTROL**
- ✓ Help others to score with **ASSISTS**

### TOP SKILLS

-  VOLLEYS
-  CONTROL
-  ASSISTS

# PLAY LIKE VIVIANNE MIEDEMA - LESSON CHECKLIST



## WHAT WILL YOU NEED?



### EQUIPMENT

#### 1 x ITEM - TO SCORE WITH

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

#### 4 x OBJECTS - TO SET UP AN AREA

**Example:** Books, toys, clothes

#### 1 x TARGET - TO SCORE INTO OR KNOCK OVER

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

#### 1 x SURFACE - TO HIT/THROW AN ITEM AGAINST SAFELY

**Example:** Wall, bed, sofa, table

### 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 - VIVIANNE'S VOLLEYS



## HOW TO PLAY

1. Find 3 objects. Use 2 to create a goal and place the other one a good distance away as your starting point (see picture).
2. Find a soft item you can safely throw or kick.
3. Stand on start point. Throw your item in the air and strike it safely with hands or feet before it touches the floor (volley).
4. Score 1 point every time your item goes in the goal. How many points can you score in 10 attempts?
5. Try again! Can you improve your score? Try the level up challenges?

## LEVEL UP CHALLENGES: CAN YOU...

### BRONZE LEVEL

Alternate your striking hand/foot after every shot?

### SILVER LEVEL

Move 1 step back every time you score?

### GOLD LEVEL

Replace the goal with a smaller target, such as a laundry basket or a bucket?



## CHALLENGE #2 - MIEDEMA'S WALL BALL



### HOW TO PLAY

1. Find a surface that you can volley an item against safely.
2. Find 1 item you can volley safely with hands or feet.
3. Stand 1-2 meters away, facing the surface (see picture).
4. Volley your item against it repeatedly using hands or feet.
5. Your score is the number of consecutive volleys you can do before the item touches the floor. If it does, restart your score from zero.
6. Try again! Can you beat your record score?

### LEVEL UP CHALLENGES: CAN YOU...

 **BRONZE LEVEL**

Alternate between using hands and feet with each volley?

 **SILVER LEVEL**

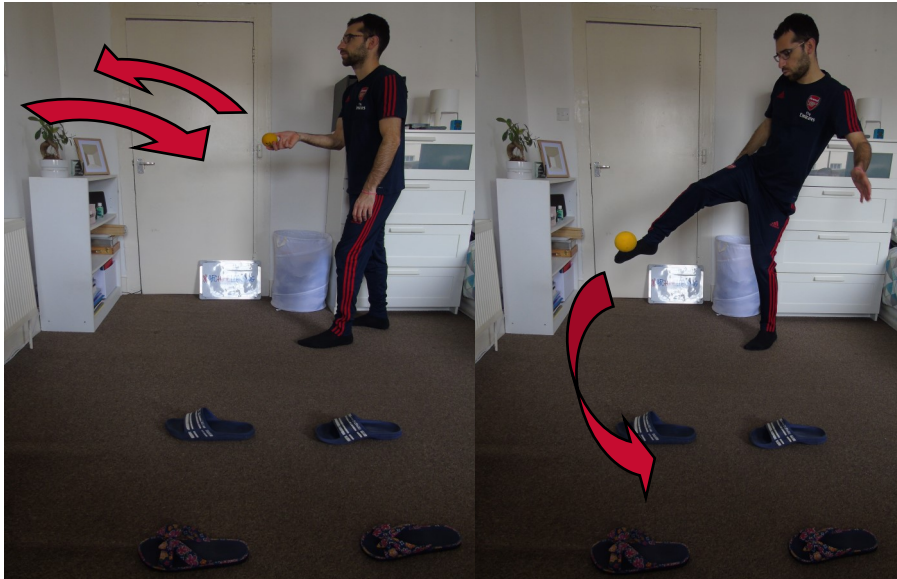
Increase the distance?

 **GOLD LEVEL**

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



# CHALLENGE #3 - VIVIANNE'S VOLLEYS AND ASSISTS



## HOW TO PLAY

1. Find a surface that you can throw an item against safely.
2. Find an item you can volley safely with hands or feet.
3. Use 4 objects to build a square. This should be placed next to you on your left/right when facing the surface (see picture).
4. Throw the item against the surface and volley it towards the square using hands/feet. You can shoot first time or control before volleying.
5. Score 1 point if your item bounces or lands inside the square. How many points can you get in 10 attempts?

## LEVEL UP CHALLENGES: CAN YOU...

 **BRONZE LEVEL**

Make the square smaller?

 **SILVER LEVEL**

Change the position of the square, such as left/right or behind you?

 **GOLD LEVEL**

Only use your non-writing hand/non-preferred foot?



## BONUS CHALLENGE - DON'T MISS WITH THE ASSIST!

### HOW TO PLAY

Find someone in your household that can play with you and try Challenge #1 together. This time, instead of volleying the item yourself, you will be serving each shot/volley for your partner. How many assists can you get out of 10?

### PRO TIPS

- Ask your partner how they want to receive the item and use this information to help you.
- Don't serve until your partner is ready. Wait for signals, such as body language or words.
- Consider your weight of pass. How powerful does it need to be?

