

PE AT HOME ALEXANDRE LACAZETTE CHALLENGE PACK

PROFILE

POSITION: FORWARD

AGE: 29

COUNTRY: FRANCE



TOP SKILLS

 TURNING

 FINISHING

 CREATIVITY

The Arsenal player we are focusing on from the men's teams is Alexandre Lacazette. Alex is a clinical striker and goal scorer. His strength, finishing range and ability to turn with his back to goal, make him a nightmare for Premier League defenders to play against.

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

- ✓ Change direction quickly by **TURNING**
- ✓ Score using a wide range of **FINISHING**
- ✓ Express your **CREATIVITY**

PLAY LIKE LACAZETTE - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

5 x ITEMS - TO MOVE AND SCORE WITH

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

4 x OBJECTS - TO SET UP AN AREA

Example: Books, toys, clothes

5 x TARGETS - TO SCORE INTO OR KNOCK OVER

Example: Laundry basket, saucepan, bucket, water bottles, 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 - LACA'S TURN IT UP



HOW TO PLAY

1. Find 1 soft item and a space between 2 surfaces that are safe to throw/kick it against.
2. Face one of the surfaces and throw/kick your item against it. When it bounces back, receive it with control using hands/feet.
3. Turn and dribble the item to the opposite surface to repeat.
4. Score 1 point every time you complete the sequence of serve, control and turn.
5. How many points can you score in 1 minute? Don't forget to time
6. Try again Can you improve your score? Attempt the level up challenge?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Alternate between your left and right hand/feet to control and turn?

SILVER LEVEL

Set yourself a max number of 2-4 touches/contacts with the item between each surface?

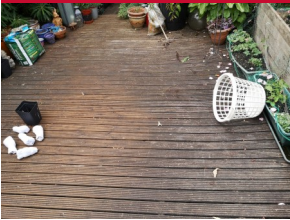
GOLD LEVEL

Use your non-preferred hand/foot to control, dribble and turn?



CHALLENGE #2 - LACA'S FINISHING FRENZY

GAME SET UP



A. THROW RIGHT HAND



B. THROW RIGHT HAND



C. KICK RIGHT FOOT



D. KICK LEFT FOOT



E. VOLLEY



HOW TO PLAY

1. Place a target and an object a good distance away (see picture).
2. Find 5 small items you can throw/kick safely and place next to object.
3. Stand next to the object. Use 1 item at a time to shoot at the target. Each attempt should be different using the sequence below:
A. Throw with right hand B. Throw with left hand C. Kick with right foot
D. Kick with left foot E. Throw in air and volley with hands or feet
5. How many of the 5 types of finish can you score (max score of 5)?
6. Try again Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Add your own challenging way of finishing sequence to make 6?

SILVER LEVEL

Make the target smaller, the starting point further away or both?

GOLD LEVEL

Choose the finish that you found the most difficult and play a whole round with 5 attempts using only that?



CHALLENGE #3 - LACA'S SPIN TO WIN



HOW TO PLAY

1. Find a surface you can throw/kick an item against safely and a soft item.
2. Put 2 objects together a good distance away from the surface and place a target directly behind the objects with space in between (see picture).
3. Start in front of objects with your back to the target (see picture).
4. Throw/kick your item against the surface, control using hands/feet, turn away from objects to the left or right and throw/kick towards the target.
5. Score 1 point if successful with your finish. How many can you get in 5 attempts?
6. Try again Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Make the target smaller?

SILVER LEVEL

Alternate between your right and left hand/foot with every attempt?

GOLD LEVEL

Turn and shoot/volley without the item touching the floor?



BONUS CHALLENGE - LACA'S CHANT

HOW TO PLAY

Can you come up with a new matchday chant for Arsenal fans to sing about Lacazette?
Share your lyrics or a video of you singing it using the hashtag #AFCHOMELEARNING

PRO TIPS

- Pick one of your favourite songs with a catchy tune and use the same melody for your chant.
- Think about Lacazette's top skills from this PE pack and include them in your lyric/words.
- Ask someone in your family to help you.

