

PE AT HOME KATIE McCABE CHALLENGE PACK

PROFILE

POSITION: FORWARD

AGE: 24

COUNTRY: IRELAND



The Arsenal player we are focusing on from the women's team is Katie McCabe

Katie is a very agile player and good at 1v1 attacking situations. She is very confident on the pitch, which helps her teammates during difficult games.

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

- ✓ Move with **AGILITY**
- ✓ Beat players when **ATTACKING 1v1**
- ✓ Play with **CONFIDENCE**

TOP SKILLS

 **AGILITY**

 **ATTACKING 1v1**

 **CONFIDENCE**

PLAY LIKE KATIE McCABE - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

5 x ITEMS - TO MOVE AND SCORE WITH

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

6 x OBJECTS - TO SET UP AN AREA

Example: Books, toys, clothes

3 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 - MOVE LIKE McCABE



HOW TO PLAY

1. Find 6 objects and make 3 gates, a good distance apart (see picture).
2. Find 3 items you can dribble with hands/feet and place each one next to an object, on the opposite side to the previous gate (see picture).
3. Start at 1 end facing the gates. Move the first item from 1 side of the gate to the other and repeat this for each gate. Run back to start and repeat.
4. Score 1 point every time you complete this sequence. How many points can you score in 1 min? Don't forget to time
5. Try again Can you improve your score? Try the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Increase the size of the gates?

SILVER LEVEL

Transfer the items by moving in different ways, such as hopping, skipping or sidesteps?

GOLD LEVEL

Dribble the item using your non-writing hand/non-preferred foot?



CHALLENGE #2 - KATIE'S QUICK FEET RELAY



HOW TO PLAY

1. Find 6 objects. Place 4 spaced out in a straight line and use 2 to form a gate behind the last object in the line (see picture).
2. Find 5 items you can dribble with hands/feet and place them next to the first object.
3. Dribble an item in/out of the objects. Throw/kick the item through the gate after the last object to score 1 point. Repeat for all remaining items.
4. If you touch an object/lose control of the item, go back to start and retry.
5. How many attempts do you need to score 5 points?
6. Try again Can you use a skill to move past the objects?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Add an extra object to move past?

SILVER LEVEL

Use a different skills to move past the objects?

GOLD LEVEL

Use your non-preferred foot/non-writing hand to dribble the item?



CHALLENGE #3 - KATIE'S SHIMMY AND SHOOT



HOW TO PLAY

1. Find 3 objects and place them together in a spacious area.
2. Place 3 different targets a good distance away from the objects (see pic.)
3. Find 6 items you can dribble and hit safely and place in front of objects.
4. Dribble an item towards the 3 objects, quickly move to the left/right and try to hit 1 of the targets. Return to start and repeat for remaining items.
5. Alternate between moving left/right (3 each way).
6. Score 1 point for every target hit. How many points can you score?
7. Try again Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Add another object in the middle?

SILVER LEVEL

Make two of the targets smaller?

GOLD LEVEL

Dribble the item using your non-writing hand/non-preferred foot?



BONUS CHALLENGE - CONFIDENCE

HOW TO PLAY

Playing with confidence can help you to improve your performance in PE and sport. Pick a game from this challenge pack that you feel the most confident about. Can you come up with different ways to challenge yourself in this game?

PRO TIPS

- Don't be afraid to try new things
- Trust your ability to complete the new challenge.
- Think about what makes you confident when you play and apply it in your new challenge.

