



England Team Training



Alert Music

<https://www.youtube.com/watch?v=zd-L1cglwZ4>

ALERT

Harry Kane



Kick like Kane

- With masking tape make a long zigzag pattern on the floor. Use 2 cones to create a goal.
- Ask pupil to run and follow the zigzag. When they reach the end of the zigzag pass them a football (slowly) and ask them to stop it with their foot (by placing one foot on top of the ball).
- Ask the pupil to now try and kick the football in between the cones to score a goal.
- *To extend – hop along the zigzag*
- *2 foot jump along the zigzag*

ALERT




Raheem Sterling



Run Sterling run!

- Students to run around the room as fast as they can. Encourage the student to use the whole space and to not just run around in a circle.
- When they hear the whistle blow 3 times – crouch down and jump up.
- When they hear the whistle blow 2 times – change direction.
- When they hear the whistle blow 1 time – freeze (freeze as if just scored a goal)



ALERT	<p>Marcus Rashford</p> 	<p>Kick ups like Rashford! Can you keep the balloon in the air and off the floor?</p> <ul style="list-style-type: none">- Using a balloon- Encourage the student use all body parts to keep the balloon up in the air and keep it off of the floor.- <i>To extend</i> - Can they use only their knees and feet (like a football kick up) to keep the balloon up?- Can the student use only their head to keep it up?
ORGANISE	<p>Jack Grealish</p> 	<p>Dodge your opponent like Grealish</p> <ul style="list-style-type: none">- Place hula hoops in a zig-zag pattern on the ground with space in between.- Encourage student to leap, into the hoops.- Encourage student to move as quickly as they can as if dodging their opponent.- Now try and jump (both feet at the same time) from hoop to hoop.- Can you hop from hoop to hoop?
ORGANISE	<p>Jordan Pickford</p> 	<p>Save like Pickford</p> <ul style="list-style-type: none">- Lay hula hoops around the space. Place football card in each hoop.- Ask pupils to army/commando crawl to each hoop and collect card inside (each card will have an instruction of what to do)- Continue until all cards have been collected.-- On the cards - Jump to with hands in air to save a high shot- Squat down and keep arms low to save a low shot- Leap to the side with one arm outstretched to save a top corner shot

CALM

Gareth Southgate



Calm music - https://www.youtube.com/watch?v=gqiV_VIZfic

- **Relax with Southgate**
- On a mat ask pupils to stretch their body.
- Remember to breathe deeply



If you would like training or support with Fine and Gross Motor skills
Please contact seatss@redbridge.gov.uk



JUMP

with 2 hands in the air to save a high shot



SQUAT

Down low and keep arms low to save a low shot



LEAP

to the side with one arm outstretched to save a top corner shot