

PE AT HOME MATTÉO GUENDOUZI CHALLENGE PACK

PROFILE

POSITION: MIDFIELDER

AGE: 21

COUNTRY: FRANCE



The Arsenal player we are focusing on from the men's team is Mattéo Guendouzi!

Mattéo is a versatile, technical and agile central midfielder. An important part of his role is communicating effectively with the players around him.

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

- ✓ Maintain stability when **JUMPING**
- ✓ Have control when **RECEIVING**
- ✓ Support others using **COMMUNICATION**

TOP SKILLS



JUMPING



RECEIVING



COMMUNICATION

PLAY LIKE MATTÉO GUENDOUZI - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

2 x ITEMS - TO CONTROL AND MOVE WITH

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

6 x OBJECTS - TO SET UP AN AREA

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 - GUENDOUZI'S JUMP AND HOLD



HOW TO PLAY

1. Use 2 objects and place them in a straight line and a good distance apart (see picture). Choose your start/end points.
2. Find 1 item and hold it between your ankles or your knees.
3. Move towards the end point using lots of short distanced jumps.
4. Score 1 point every time you jump from one object to the other without dropping your item. If you drop it, return to the start and try again.
5. How many points can you score in 1 minute? Don't forget to time!
6. Try again! Can you improve your score? Try the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Add 2 objects in between your start/end points and jump in and out (zig-zag)?



SILVER LEVEL

Jump in different ways, such as backwards or sideways?



GOLD LEVEL

Hold 2 items at the same time, one between your knees and one between your ankles?



CHALLENGE #2 - GUENDOUZI'S RECEIVING GATES



HOW TO PLAY

1. Find 1 item and a surface you can throw/kick against safely.
2. Use 6 objects to build 4 gates in a rectangle shape, a good distance away from the surface (see picture).
3. Stand inside one gate. Throw/kick your item against the surface.
4. Score 1 point if you can receive the item with hands/feet and keep it inside the gate.
5. Move to a different gate and repeat. How many points can you score in 10 attempts?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Receive the item in a different way, such as with one hand or alternating different parts of the foot?

SILVER LEVEL

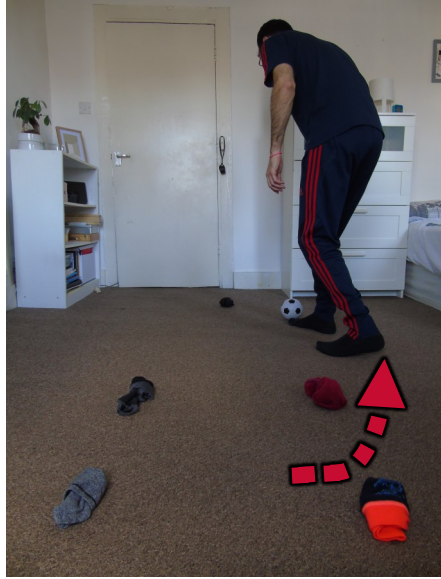
Use only your non-writing hand/non-preferred foot to receive?

GOLD LEVEL

Score 1 point when you successfully complete a sequence of 3 different gates?



CHALLENGE #3 - MATTÉO'S RECEIVING BOX



HOW TO PLAY

1. Find 1 item and a surface you can throw/kick against safely.
2. Find 5 objects. Place 1 object a good distance away from the surface as your start. Use the other 4 to build a square in between (see picture).
3. Stand next to your start point. Throw/kick the item against the surface.
4. Move towards the square and try to receive the item with hands or feet inside it to score 1 point.
5. Dribble back to the start and repeat. How many points can you score in 10 attempts?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Receive the item in a different way, such as with one hand or alternating different parts of the foot?

SILVER LEVEL

Alternate your receiving hand/foot every attempt?

GOLD LEVEL

Play bronze or silver level and make the square smaller?



BONUS CHALLENGE - COMMUNICATION

HOW TO PLAY

Communication is an important skill in sport and PE.

Choose one challenge you have played in this PE pack and create a 5 minute presentation about it. Present this for someone in your household so that they understand the challenge and can try it too!

PRO TIPS

- Use a variety of communication styles.
- Draw a diagram or a picture.
- Demonstrate the challenge for them.
- Be clear, concise and engaging when speaking.

