

# PE AT HOME RACHEL YANKEY CHALLENGE PACK

### PROFILE

POSITION: FORWARD

LEAGUE APPEARANCES: 198

COUNTRY: ENGLAND



The Arsenal legend we are focusing on is Rachel Yankey!

Rachel was a dazzling attacking player, with great balance and technique. She is one of the most successful players in the history of women's football.

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

- ✓ Move with **BALANCE**
- ✓ Control an item when **DRIBBLING**
- ✓ Inspire others with **LEADERSHIP**

### TOP SKILLS



**BALANCE**



**DRIBBLING**



**LEADERSHIP**

# PLAY LIKE RACHEL YANKEY - LESSON CHECKLIST



## WHAT WILL YOU NEED?



### EQUIPMENT

#### 2 x ITEMS - TO MOVE WITH

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

#### 8 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 - RACHEL'S BALANCE AND BUILD

PICTURE #1



PICTURE #2



## HOW TO PLAY

1. Find a clear area and place 4 objects in the middle of it.
2. Stand next to the objects and balance on your right leg.
3. Bend down and pick up the objects 1 at a time (see picture #1). Hop to each corner of your area and place an object down to form a square.
4. Hop to the middle of the square and switch to balance on your left leg.
5. Hop to each corner and move objects back to centre (see picture #2).
6. How quickly can you complete this challenge? Don't forget to time!
7. Try again! Can you attempt the level up challenges?

## LEVEL UP CHALLENGES: CAN YOU...



### BRONZE LEVEL

Move in a different way, such as hopping sideways or backwards?



### SILVER LEVEL

Add more objects and build an "R" for Rachel, or "Y" for Yankey instead of a square?



### GOLD LEVEL

Move the objects whilst balancing an item using your hands, feet or head?





## CHALLENGE #2 - RACHEL'S DRIBBLING GATES



### HOW TO PLAY

1. Use 8 objects to set up 4 gates in a clear area (see picture).
2. Find an item to dribble safely with your hands or feet.
3. Start inside the area and dribble through as many gates as you can. You can't dribble through the same gate twice in a row.
4. Score 1 point every time you dribble through a gate. Lose 1 point every time your item touches an object.
5. How many points can you score in 1 minute? Don't forget to time!

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



#### BRONZE LEVEL

Make the gates smaller?



#### SILVER LEVEL

Complete a figure of "8" when dribbling through a gate?



#### GOLD LEVEL

Use your non-kicking foot/non-writing hand to dribble?





# CHALLENGE #3 - YANKEY'S BALANCE AND DRIBBLING CIRCUIT

## A. HOPPING



## B. DRIBBLING



## C. BALANCING



## HOW TO PLAY

1. Place 4 objects in a row and a good distance apart.
2. Use 1 item to dribble with hands/feet & 1 flat item to balance on head.
3. Complete each activity with 6 repetitions.
4. Move from one end to the other, weaving in and out of the objects in different ways. See pictures and descriptions below:
  - A. Hopping. Switch legs after every repetition.
  - B. Dribbling your item.
  - C. Balancing flat item on your head.
5. Rest for 1 minute & try again!

## LEVEL UP CHALLENGES: CAN YOU...



### BRONZE LEVEL

Do 8-10 repetitions for each activity?



### SILVER LEVEL

Add an activity of your own to the circuit?



### GOLD LEVEL

Combine two of the activities together, such as dribbling with feet/hands whilst balancing item on head?



## BONUS CHALLENGE - LEADERSHIP

### HOW TO PLAY

As well as being a former player, Rachel also coaches and mentors young footballers. Can you show great leadership and teach one of the activities in this pack to a member of your household?

### PRO TIPS

- Demonstrate the activity.
- Share your 'secrets to success'.
- Motivate them while they are playing.
- Encourage & praise their efforts with positive language.

