

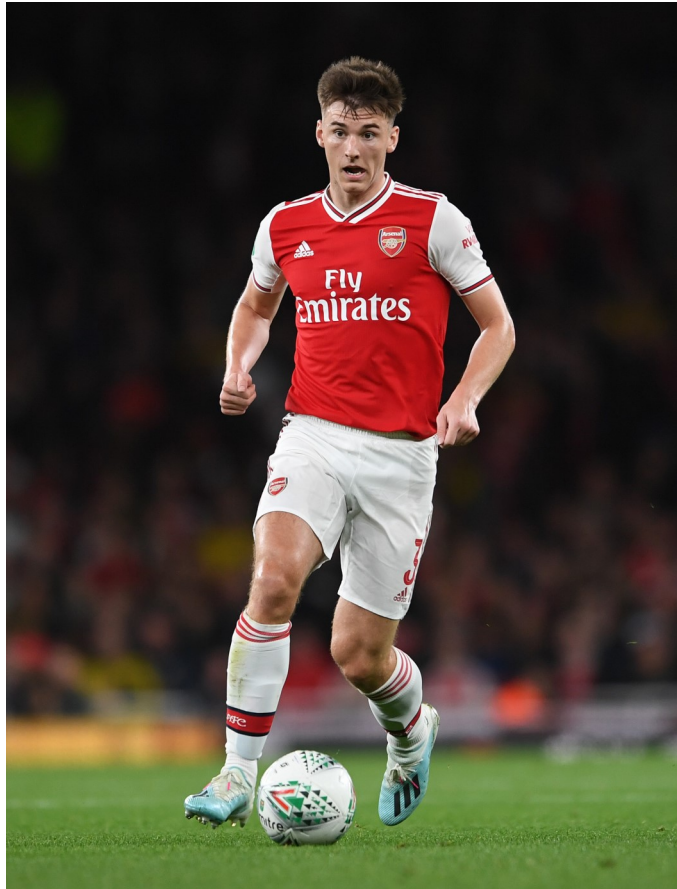
PE AT HOME KIERAN TIERNEY CHALLENGE PACK

PROFILE

POSITION: DEFENDER

AGE: 23

COUNTRY: SCOTLAND



The Arsenal player we are focusing on from the men's team is Kieran Tierney

Kieran is a very quick player and good at crossing in attacking situations. His work rate makes him a tireless engine over 90 minutes.

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

- ✓ Move with ACCELERATION
- ✓ Use accuracy when CROSSING
- ✓ Improve your STAMINA

TOP SKILLS

 ACCELERATION

 CROSSING

 STAMINA

PLAY LIKE KIERAN TIERNEY - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

6 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

2 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

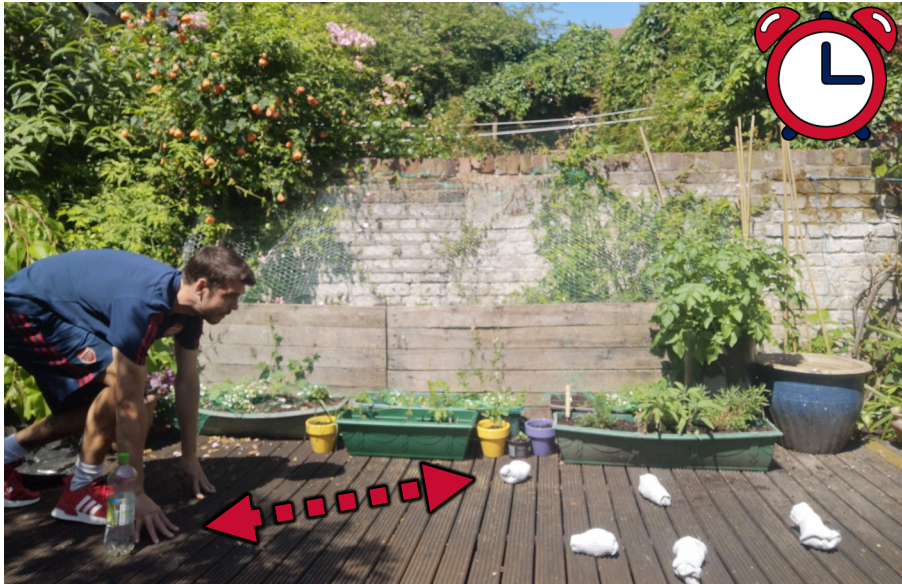
Example: Garden

PEOPLE

SINGLE PLAYER or 2 PLAYER

You can play by yourself, or you can challenge a member of your household to take part, too

CHALLENGE #1 - TIERNEY'S TIME TRIAL



HOW TO PLAY

1. Place an object in a clear area. That will be your start point (see picture).
2. Find 5 other objects and spread them randomly a good distance away from the start position (see picture).
3. Accelerate towards 1 object, touch it and return to the start point.
4. Repeat the same sequence for the remaining objects.
5. How quickly can you complete the challenge? Don't forget to time
6. Try again Can you beat your previous score?
7. Can you try the level up challenges?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Add 2 more objects to your area?



SILVER LEVEL

Perform a movement before each run, such as a jump on the spot?



GOLD LEVEL

Control an item whilst accelerating, such as dribbling, bouncing or balancing it with hands or feet?



CHALLENGE #2 - CROSS LIKE KIERAN



HOW TO PLAY

1. Find 2 objects and place them together in a clear area (see picture).
2. Place 1 target that you can throw/kick an item into a good distance apart from the objects (see picture).
3. Place 5 items you can dribble and hit safely next to the objects.
4. Dribble an item around the objects and throw/kick it inside the target. Repeat for all remaining items.
5. Score 1 point every time you chip an item into the target. How many points can you score?
6. Try again Can you beat your previous score?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Change or make the target smaller?



SILVER LEVEL

Add 3 objects to chip over in front of the target?

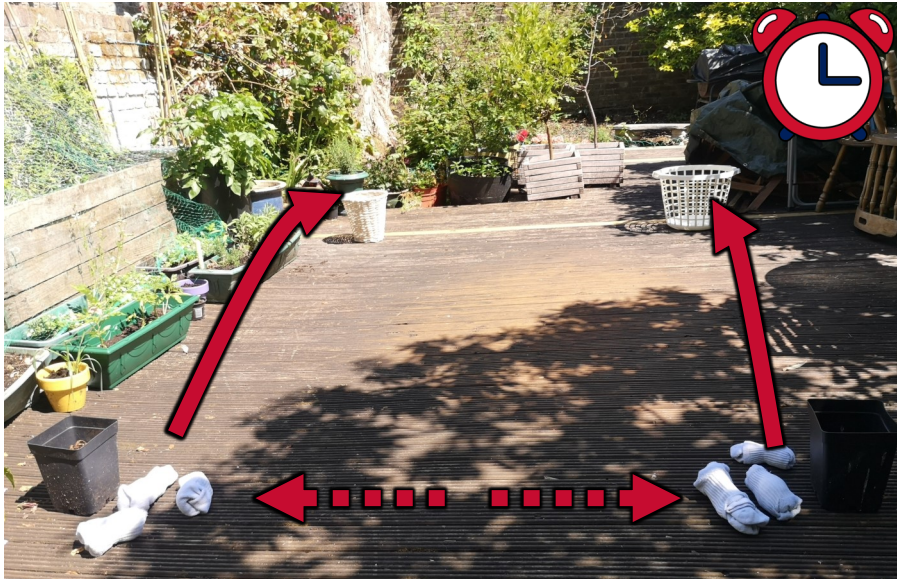


GOLD LEVEL

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



CHALLENGE #3 - TIERNEY'S TARGET TEST



HOW TO PLAY

1. Place 2 objects in a straight line and a good distance apart (see picture).
2. Find 2 targets and place one in front of each object, a good distance away (see picture).
3. Find 6 items you can kick/throw. Place 3 of them next to each object.
4. Stand between the two objects. Run towards an object and kick/throw one item to hit the target. Move to the other object and repeat.
5. Score 1 point every time your item hits the target. How many points can you score in 30 seconds? Don't forget to time
6. Try again Can you beat you previous score?

LEVEL UP CHALLENGES: CAN YOU...



BRONZE LEVEL

Change or make your targets smaller?



SILVER LEVEL

Increase the distance between the objects?



GOLD LEVEL

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



BONUS CHALLENGE - KIERAN'S AEROBIC TRACK

HOW TO PLAY

Can you challenge a member of your household to see who can complete the most laps of Kieran's aerobic track in 1 minute?

Check out the PRO TIPS box to help you out with the challenge

PRO TIPS

- Make sure you have the necessary equipment: 1 timer and 2 objects.
- Have a look at the example picture to set up your track.
- 1 minute might be quite long. Try to balance your energy over the time
- Don't forget to re-hydrate after the run

