

# PE AT HOME VAN DE DONK CHALLENGE PACK

### PROFILE

POSITION: MIDFIELDER

AGE: 28

NATIONALITY: NETHERLANDS



The Arsenal player we are focusing on from the women's team is Daniëlle van de Donk!

Daniëlle's close control and quick movement make her a creative force for the team on matchdays.

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

- ✓ Move with **AGILITY**
- ✓ Move an object with **CONTROL**
- ✓ Be **CREATIVE**

### TOP SKILLS

 **AGILITY**

 **CONTROL**

 **CREATIVITY**

# PLAY LIKE DANIELLE - LESSON CHECKLIST



## WHAT WILL YOU NEED?



### EQUIPMENT

#### 10 x ITEMS - TO MOVE AND SCORE WITH

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

#### 4 x OBJECTS - TO SET UP AN AREA

**Example:** Books, toys, clothes

#### 1 x HOME MADE HOCKEY STICK—TO DRIBBLE YOUR ITEM

**Example:** Broomstick, mop, wooden spoon

#### 5 x OBSTACLES - TO DRIBBLE AROUND

**Example:** Water bottles, books, clothes

#### 1 x TIMER

**Example:** Stopwatch, watch, mobile phone

### SPACE

#### INDOOR SPACE

**Example:** Bedroom, living room

#### OUTDOOR SPACE

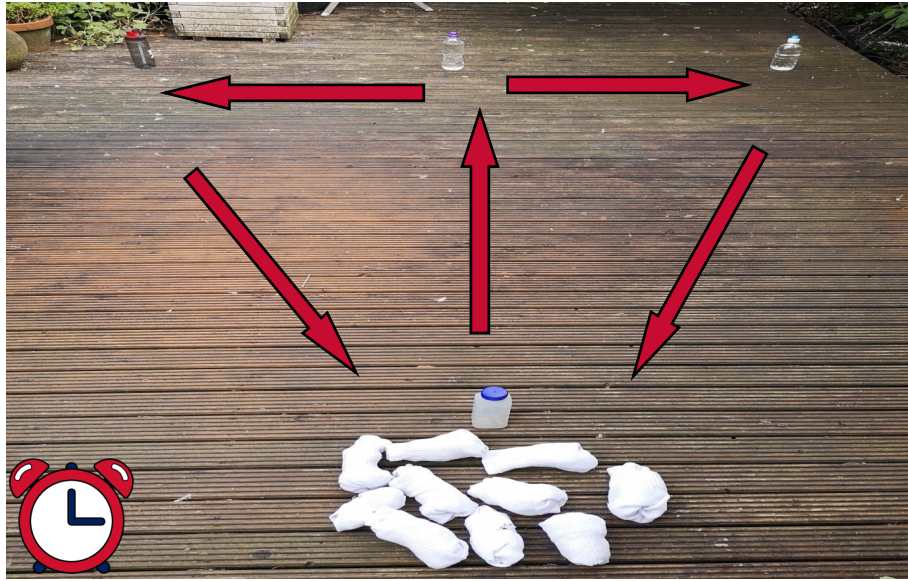
**Example:** Garden

### 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 - DANIËLLE'S AGILITY RACE



## HOW TO PLAY

1. Use 4 objects to build your playing area in a T shape (see picture).
2. Find 10 items and put them next to your start position.
3. Pick up 1 item, run and touch the middle object. Move to one of the side objects and place item down. Repeat for your remaining items, and don't forget to time!
4. Your game must finish with equal amount of items on each side.
5. Try again! Can you beat your time? Can you try the level up challenges?

## LEVEL UP CHALLENGES

### BRONZE LEVEL

Add 2 objects next to start point. Can you touch one on your way back?

### SILVER LEVEL

Can you move in different ways, such as jumping or hopping?

### GOLD LEVEL

Can you dribble, juggle or balance an item while moving?





## CHALLENGE #2 - DANIELLE'S SUPER SLALOM



### HOW TO PLAY

1. Use 4 objects to create a zig zag race track (see picture).
2. Choose an item from your list to play with.
3. Move in/out of your race track with item balanced on the palm of your hand.
4. Score 1 point for every time you complete your race track without dropping your item or hitting an object. How many points can you score in 1 minute?
5. Try again! Can you improve your score?

### LEVEL UP CHALLENGES

#### BRONZE LEVEL

Move in different ways with your item, such as jumping, skipping, hopping.

#### SILVER LEVEL

Use your home made hockey stick to dribble your item.

#### GOLD LEVEL

Dribble or juggle your item using your hands or feet.



## CHALLENGE #3 - DRIBBLE LIKE DANIËLLE



### HOW TO PLAY

1. Use 4 objects to build your playing area in a rectangle (see picture).
2. Place 5 obstacles in your area and find an item to dribble with.
3. Score 1 point by dribbling your item from one end of the area to the other without touching any obstacles.
4. You can use your feet, hands or home made hockey sticks to dribble.
5. How many points can you score in 1 minute? Don't forget to time!

### LEVEL UP CHALLENGES



#### BRONZE LEVEL

Can you add more obstacles to your area?



#### SILVER LEVEL

If you touch an obstacle, you lose all your points.



#### GOLD LEVEL

Add an object at each end of your area as a target to hit.





### HOW TO PLAY

Can you create and play your own game for the Daniëlle van de Donk lesson?  
Consider the three TOP SKILLS you have learned today!

### PRO TIPS

- Have a theme for your game (i.e. dribbling, agility).
- Devise a set of 'HOW TO PLAY' instructions.
- Create your own activity checklist. What space, objects and items will you need?
- Make it fun!

