

# PE AT HOME BERND LENO CHALLENGE PACK

### PROFILE

POSITION: GOALKEEPER

AGE: 28

COUNTRY: GERMANY



The Arsenal player we are focusing on from the men's team is Bernd Leno!

As Arsenal goalkeeper, Bernd consistently demonstrates superb handling, reactions and flexibility on matchdays.

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

- ✓ Catch objects with effective **HANDLING**
- ✓ Protect a target with quick **REACTIONS**
- ✓ Improve your **FLEXIBILITY**

### TOP SKILLS



**HANDLING**



**REACTIONS**



**FLEXIBILITY**

# PLAY LIKE LENO - LESSON CHECKLIST



## WHAT WILL YOU NEED?



### EQUIPMENT

#### 1 x ITEM - TO MOVE/THROW/KICK SAFELY

**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 - BEND LIKE BERND

PICTURE #1



PICTURE #2



## HOW TO PLAY

1. Place 2 objects a good distance apart and choose your start point.
2. Find an item you can hold and push safely with your hands.
3. Stand at start. Hold the item in both hands with arms stretched out above your head and move to the opposite object (see picture #1).
4. Keep arms straight and lower item to floor. Push item with your hands with arms stretched out and move back to start (see picture #2).
5. Score 1 point every time you complete 1 lap (there and back) without losing control of your item.
6. Try again! Can you attempt the level up challenges?

## LEVEL UP CHALLENGES: CAN YOU...



### BRONZE LEVEL

Increase the distance?



### SILVER LEVEL

Hold/push your item with one hand? Don't forget to alternate after each lap!



### GOLD LEVEL

Move in a squat position?





## CHALLENGE #2 - HANDLE LIKE LENO



### HOW TO PLAY

1. Find 6 objects to build your playing area, a square split into 2 halves (see picture).
2. Find an item to throw & catch safely.
3. Stand in 1 half of the area. Throw item into the other half and catch it.
4. Score 1 point every time you catch/intercept item without it touching floor or leaving area. How many points can you score in 1 minute?
5. Try again! Can you beat your score?

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

#### BRONZE LEVEL

Throw the item in a different way, such as rolling or bouncing?

#### SILVER LEVEL

Use one hand to throw/catch?

#### GOLD LEVEL

Perform a movement, such as jumping, before catching your item with one hand?



## CHALLENGE #3 - REACT LIKE LENO



### HOW TO PLAY

1. Find a surface that you can throw an item against safely.
2. Find an item that can be thrown or kicked safely.
3. Find 2 objects and place them 1-2 meters away from surface. Imagine this is the goal you must defend (see picture).
4. Throw/kick the item against the surface and try to stop it going in your goal to score 1 point. How many points can you score in 1 minute?
5. Try again! Can you beat your score?

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



#### BRONZE LEVEL

Increase the size of your goal?



#### SILVER LEVEL

Throw/kick from a different position, such as sitting down, laying or facing opposite side?



#### GOLD LEVEL

Balance on one leg?





## BONUS CHALLENGE - YOGA WITH LENO

### HOW TO PLAY

Can you try the “Warrior” and the “Chair” yoga poses?  
Can you hold each one for between 30 seconds and 1 minute?

#### PRO TIPS

- Find a video that can teach you the correct technique.
- Keep arms straight and stretched out.
- Bend your knees to stay balanced and strong in your legs.
- Maintain your focus by keeping your eyes fixed on something nearby.

