

# PE AT HOME NICOLAS PÉPÉ CHALLENGE PACK

### PROFILE

POSITION: WINGER

AGE: 25

COUNTRY: IVORY COAST



The Arsenal player we are focusing on from the men's team is Nicolas Pépé!

Nicolas is a skilful, agile player, known for his attacking flair and the ability to beat players in 1v1 situations.

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

- ✓ Move with **AGILITY**
- ✓ Beat players when **ATTACKING 1v1**
- ✓ Play with **FLAIR**

### TOP SKILLS

 **AGILITY**

 **ATTACKING 1v1**

 **FLAIR**

# PLAY LIKE NICOLAS PÉPÉ - LESSON CHECKLIST



## WHAT WILL YOU NEED?



### EQUIPMENT

#### 1 x ITEM - TO CONTROL AND DRIBBLE WITH

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

#### 8-10 x OBJECTS - TO SET UP AN AREA

**Example:** Books, toys, clothes

#### 1 x OBSTACLE - TO GET PAST

**Example:** Chair, small table, bench

#### 1 x DEVICE - WITH ACCESS TO INTERNET

**Example:** Mobile phone, tablet, computer

#### 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 - NIMBLES NICOLAS



## HOW TO PLAY

1. Find 4 objects to build your playing area in a square (see picture).
2. Stand in the middle of the square.
3. Move to touch and object and return to the middle.
4. Repeat for other objects without touching the same one twice in a row.
5. How many objects can you touch in 1 minute? Don't forget to time!
6. Try again! Can you improve your score?

## LEVEL UP CHALLENGES: CAN YOU...



### BRONZE LEVEL

Touch two objects and return to the middle for 1 point?



### SILVER LEVEL

Move to each object in a different way, such as hopping, jumping or side stepping?



### GOLD LEVEL

Set yourself a number of objects to touch (at least 3) before returning to the middle to score 1 point?



## CHALLENGE #2 - NUTMEG LIKE NICOLAS



### HOW TO PLAY

1. Find 2 objects and place them a good distance apart (see picture).
2. Place 1 obstacle between the objects (see picture).
3. Find 1 item you can control and dribble safely with feet.
4. Start next to an object. Dribble the item, kick it under the obstacle (nutmeg) and control it inside the area to score 1 point.
5. Repeat this sequence. How many points can you get in 1 minute? Don't forget to time!
6. Try again! Can you beat your best score?

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



#### BRONZE LEVEL

Nutmeg without the item touching the obstacle to score?



#### SILVER LEVEL

Come up with different ways to get past the obstacle, such as over or around using different skills?



#### GOLD LEVEL

Use your non-preferred foot to control the item?



## CHALLENGE #3 - PÉPÉ'S FLAIRGROUND



### HOW TO PLAY

1. Find a space that you can dribble an item in safely (see picture).
2. Find a number of objects and form gates and obstacles to dribble around, through or over (see picture).
3. Use an item that you can dribble safely with hands or feet.
4. Score 1 point every time you dribble through a gate and go over or around an obstacle with your item.
5. How many points can you get in 1 minute?
6. Try again! Can you beat your best score?

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



#### BRONZE LEVEL

Engage with 3 obstacles/gates to score 1 point?



#### SILVER LEVEL

Come up with skills or different ways to dribble your item?



#### GOLD LEVEL

Use your non-writing hand/non-preferred foot to dribble your item?



# BONUS CHALLENGE - SKILLS FOR THRILLS

## HOW TO PLAY

Click the [link](#) and watch the video of Pépé in action for Arsenal.  
Can you identify and recreate some of his best skills from the match?

## PRO TIPS

- Choose a skill you haven't seen before.
- Watch the specific skill more than once.
- Can you break the skill down into small steps?
- Practice, practice, practice!
- Can you perform the skill against a real life defender (someone from your household)?

