

PE AT HOME IAN WRIGHT CHALLENGE PACK

PROFILE

POSITION: STRIKER

APPEARANCES: 288

COUNTRY: ENGLAND



The Arsenal legend we are focusing on is Ian Wright!

Wrighty's composure and broad range of finishes made him a natural goal scorer. He is second in the Club's all-time top scorers list with 185 goals.

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

- ✓ Shoot with accurate **FINISHING**
- ✓ Set up a shot with quality **RECEIVING**
- ✓ Play with **COMPOSURE**

TOP SKILLS

 **FINISHING**

 **RECEIVING**

 **COMPOSURE**

PLAY LIKE IAN WRIGHT - LESSON CHECKLIST



WHAT WILL YOU NEED?



EQUIPMENT

3 x ITEMS - TO MOVE AND SCORE WITH

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

4 x OBJECTS - TO SET UP AN AREA

Example: Books, toys, clothes

1 x TARGET - TO SCORE INTO OR KNOCK OVER

Example: Laundry basket, saucepan, bucket, water bottles, toys, clothes

1 x OBSTACLE - TO DRIBBLE AROUND

Example: Clothes, books, water bottles

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 - WRIGHTY'S FINISH WITH FINESSE



HOW TO PLAY

1. Find an object and a target and place them a good distance apart (see picture). The object will be your starting point.
2. Place an obstacle between the target and the object (see picture).
3. Find an item you can dribble and throw/kick safely.
4. Dribble your item up to the obstacle, move to the left/right to get past it and score into the target for 1 point.
5. How many points can you score in 10 attempts?
6. Try again! Can you improve your personal best?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Use a smaller target?

SILVER LEVEL

Finish in a different way every time, such as using different parts of the foot, underarm/overarm throw or alternate hand/foot?

GOLD LEVEL

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



CHALLENGE #2 - IAN'S FIRST TOUCH AND FINISH



HOW TO PLAY

1. Use 4 objects to build your playing area in a square (see picture).
2. Place a target a good distance away from the square (see picture).
3. Find an item you can throw/kick safely.
4. Start inside the square. Throw the item in the air, control it inside the area using your hands/feet and try to score into the target.
5. Score 1 point for every successful shot. How many points can you score in 10 attempts?
6. Try again! Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Make your square smaller?

SILVER LEVEL

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

GOLD LEVEL

Keep the item in the air with your first touch and volley it safely into the target?



CHALLENGE #3 - WRIGHTY'S SHOOT OUT SPRINTS



HOW TO PLAY

1. Find an object and a target and place them a good distance apart. The object will be your starting point (see picture).
2. Find an item you can throw/kick safely and place it next to the start.
3. Sprint to touch the target, run back to the start and kick/throw the item into the target to score 1 point. Retrieve the item and repeat.
4. How many points can you score in 1 minute? Don't forget to time!
5. Try again! Can you improve your score?

LEVEL UP CHALLENGES: CAN YOU...

BRONZE LEVEL

Move in different ways before you shoot, such as hopping or jumping?

SILVER LEVEL

Move in different ways and finish with your non-writing hand/non-preferred foot?

GOLD LEVEL

Play for 55 secs and try to equal your score for 1 minute?



BONUS CHALLENGE - THE WRIGHT TOUCH

HOW TO PLAY

Find 3 different items and a safe space to play. Ask a member of your household to throw each one in the air for you to control or catch with your hands/feet.

How good is your first touch? Can you get 3 out of 3?

PRO TIPS

- Use items that are different shapes and sizes to challenge yourself.
- Be aware of the space around you.
- Keep focus on the item.
- Adopt a good ready position by being on your toes and facing the person throwing the items.

