



KNSC

Homework Activities

Week 2
U7,U8,U9,U10

What is Physical Literacy

Physical literacy is a journey upon which children and youth, and everyone, develop the knowledge, skills, and attitudes they need to enable them to participate in a wide variety of activities.

Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.



Age Group – U7, U8, U9, U10

For this week we ask our U7 to U10 players to firstly focus on physical literacy activities involving the ball

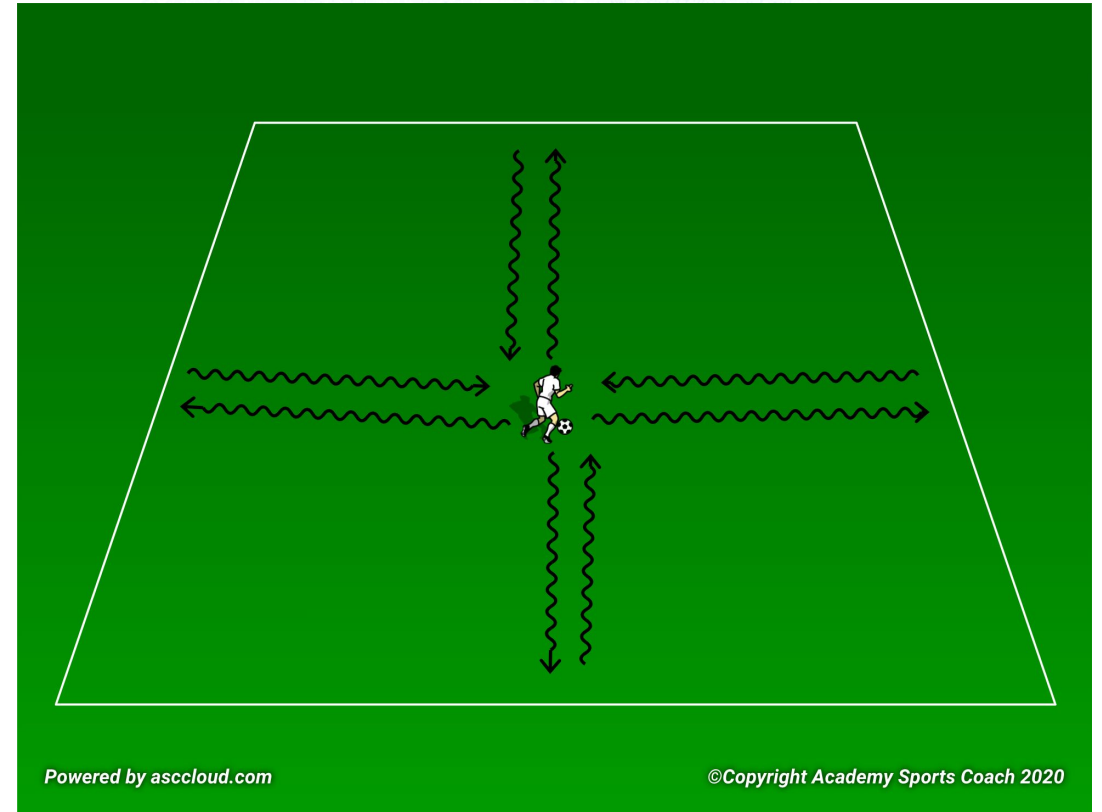
Physical Literacy with the ball

- Toe Taps - On top of the ball ([Click here for demo video](#))
- Toe Taps - Side to side ([Click here for demo video](#))

For fun can you try and beat the number you can do in 30 seconds?!

Age Group U7,U8,U9,U10

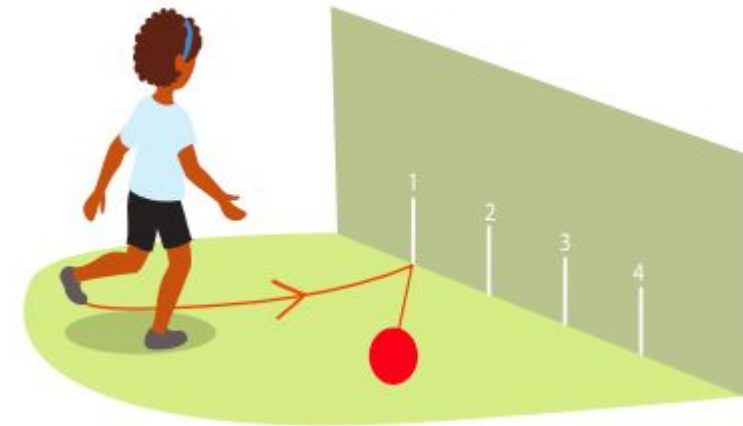
- Running with the ball and taking a player (cone or object) on.
 - Use a skill to take on the imaginary defender in front of you.
 - Skills could include a stepover etc



Age Group – U7, U8, U9, U10

• Ball Skills

- Start by kicking a ball against a wall in front of you with the ball off the floor, so that the ball rebounds straight back to you. Try and volley the ball back against the wall for you to continuously volley the ball
- Next try kicking the ball against the wall at an angle, so it rebounds away from your position. Move quickly to meet the ball and volley it back.



Learn from the pros

Click the players name below to find out more about them...

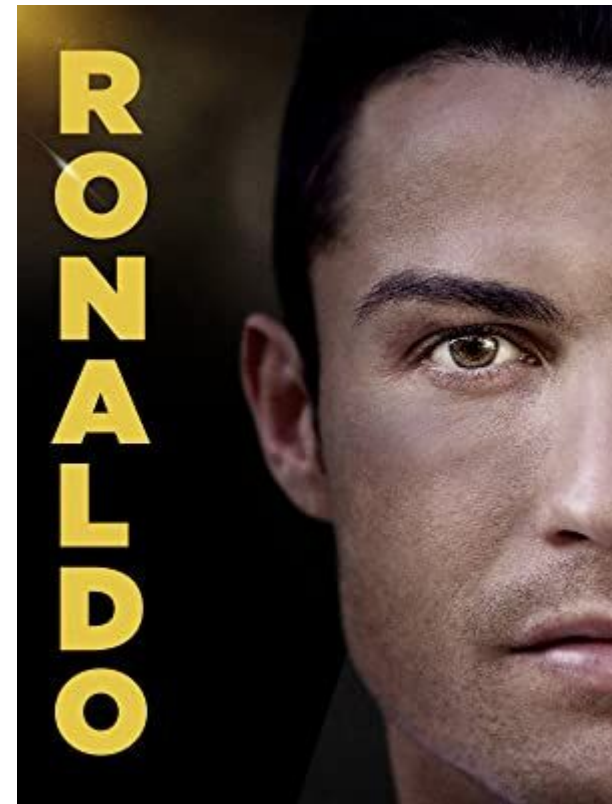
[Jordan Huitema](#)

[Jonathan David](#)

Recommended Watch

Netflix - Le K Benzema

Amazon Prime - Cristiano Ronaldo



Any Questions

Contact

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