

WSW PERSONAL KS2 VIRTUAL INVASION A-DRILL-A-DAY

You have the Easter Holidays to practice and complete as many personal challenges as you want. We have challenges for balance, co-ordination, agility, power, and speed. Practice to improve your personal best times and scores.

Feel free to email Gemma.Barlow@theregisschool.co.uk with your forename / year / school / score but most importantly stay active and have FUN 😊

Follow the links for the drills there are four per video~:

WEEK 1 = <https://youtu.be/2t7wkZTzM68>

- Dribble and Pass
- Wall sit ball control
- Dribble and Sprint
- Shrink the goal



WEEK 2 = <https://youtu.be/TW1hTQ-ETcY>

- Try triangle
- Zig Zag drill
- Replay wall ball
- Wave and run

