

LINKS TO:

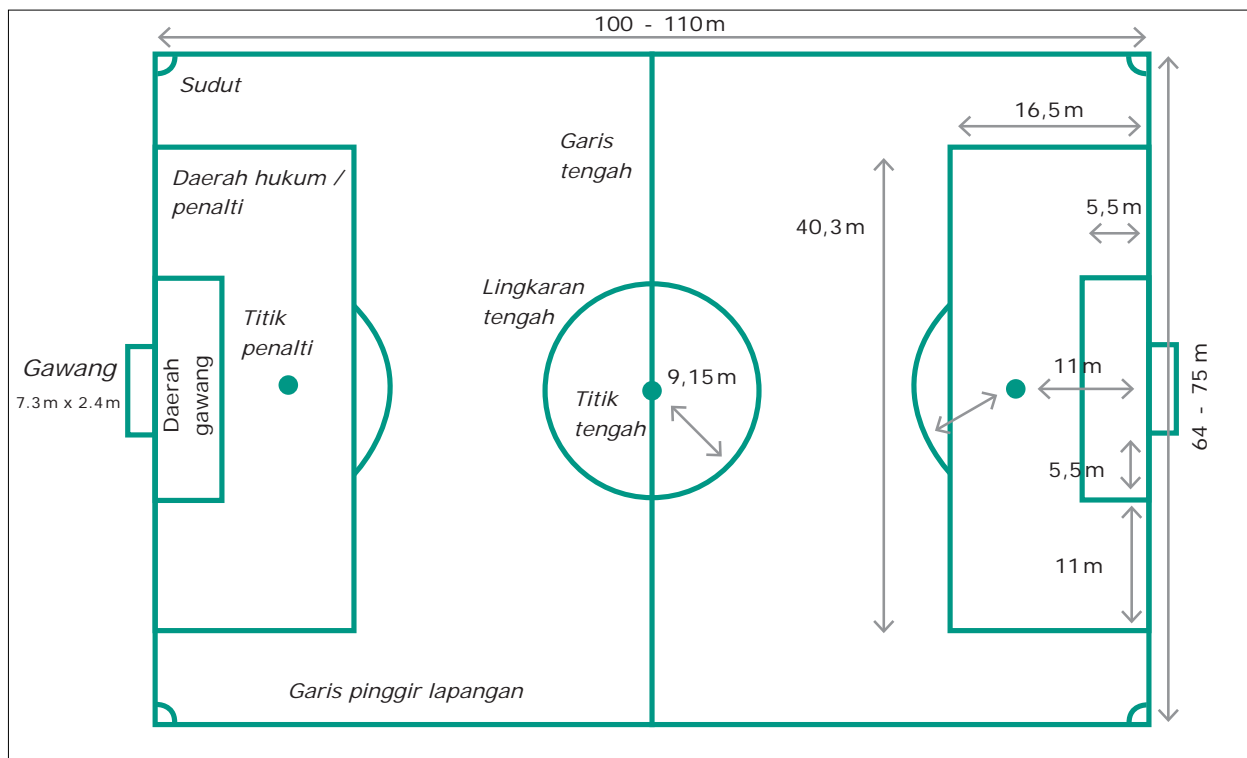
Stage 2, Module 7

Learning Object 3: Fit for anything!

Exercise 1

Write down the dimensions of the soccer pitch on the diagram and label the various markings on the pitch.

Answer:



Exercise 2

2.1 List and number the stages of the training session.

Sample answers:

1. Giring bola di antara kerucut pengaman!
2. Lari secara diagonal melewati lapangan!
3. Lakukan 10 kali sit-up sesampai di kerucut pengaman!
4. Lari cepat ke ujung lapangan melalui garis pinggir lapangan!
5. Lari secara diagonal melewati lapangan!
6. Lakukan 10 kali push-up sesampai di kerucut pengaman!

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7. Istirahat selama 45 detik.
8. Ulangi langkah 1 s/d 7 dua kali lagi!
9. Istirahat 2 menit!
10. Pergi ke titik penalti dan lakukan 10 tendangan penalti ke penjaga gawang (kiper)!
11. Istirahat 2 menit.
12. Pergi ke sudut lapangan dan lakukan 10 tendangan sudut ke arah penjaga gawang.

2.2 Use a combination of lines and arrows to diagrammatically represent the stages of Anna's training program on the diagram of the soccer pitch.

