



Soccer Skills



	BLUE DIE	RED DIE	YELLOW DIE
1	Stand 10 paces apart and complete 10 passes using inside of your foot.	Do 7 GOOD push-ups!	Name 1 vegetable and 1 fruit that we eat a lot of during this time of year.
2	Take 5 shots each at the goal. Be safe!	Skip to touch all 4 walls in the gyms.	Stretch your hamstring muscles by touching your toes. Count to 15.
3	Complete 20 toe taps while your partner jogs in place. Then switch.	Do 10 squat thrusts!	You may get a quick drink of water.
4	Stand facing each other and make 5 good throw-ins each.	Do 10 curl-ups (sit-ups) each.	Tell each other the cues for passing in soccer.
5	Move around the perimeter of the gym dribbling a ball.	Do 5 power jumps!	Tell each other at least two cues for dribbling a soccer ball.
6	Juggle a soccer ball for 30 seconds. How many touches did you get?	Thumb-wrestle with your partner (safely). First to 3 wins.	Give a compliment to two different classmates.