



SOCCER NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 1 of 4

Control: To manage or regulate the movement or actions of something.

*Sammi worked to **control** her body and the ball as she dribbled through the cones.*

Teacher Says Soccer: [\[YouTube\]](#)

Every student has a soccer ball. Teacher Says is just like Simon Says, but you only do the tasks that “Teacher Says.”

If you don’t hear “Teacher Says” then you keep doing the activity that you are already doing.

For task ideas, teachers can use the *Teacher Says Activity Sheet* on [OPENPhysEd.org](#).

Purposeful Practice

WEEK 1 of 4

Dribble: Moving a ball under the control of a single player. Soccer requires foot dribbling. Basketball requires hand dribbling.

*Joshua’s ball control skill helped him **dribble** around defenders.*

Soccer Ski Slalom: [\[YouTube\]](#)

You need 7 cones or plastic cups, 1 ball, and a stopwatch. Set up the cones in a line with 5-10 feet between them. One end is the start/finish line. The object is to see how quickly you can weave through the cones, turn around at the end, and weave back to the start/stop line. Stop the clock when the player crosses the line (not the ball). Add 3 seconds if you miss or knock into any cones.

Just for Fun (and health)

WEEK 1 of 4

Practice: To perform an activity or exercise repeatedly and/or regularly in order to improve or maintain skill.

*Becoming a skilled soccer player requires **practice** and determination.*

Soccer Red Light, Green Light: [\[YouTube\]](#)

We’re going to wrap up today playing Soccer Red Light, Green Light. I’m going to give you a foot skill drill to perform (like toe taps). When I say, “Green Light!” perform the drill. When I say, “Red Light!” stop and freeze with 1 foot on the top of the ball.

Score 1 point every time you stop and freeze perfectly.