



SOCCER NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 2 of 4

Target: An object selected as the aim of attention, a pass, or an attack.

*Obi was the **target** of Sandi's pass.*

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 2 of 4

Pass: To move an object from one space to another.

*The team moved the ball quickly down the field with each accurate **pass**.*

Target Practice: [\[YouTube\]](#)

Scatter large cones around the activity area. If you're at home you can use chairs, a couch, or other large pieces of furniture that are safe to hit with a ball (ask an adult).

Use your passing skills to pass the ball, under control and on the ground, to hit the targets. Each hit is 1 point.

Pass from one target to the next. For 1 minute. Count your score. Then, try again for another minute. Can you beat your score?

Just for Fun (and health)

WEEK 2 of 4

Focus: To pay close attention to someone or something.

*It's important to **focus** on good form when you're practicing soccer skills.*

Walk the Soccer Dog: [\[YouTube\]](#)

Your soccer ball is a soccer dog, and it needs to go outside. On the start signal, take it for a slow walk by using slow and controlled dribble taps to move around the activity area at a walking pace.

When you hear "Fire Hydrant!" Stop and put your foot on top of the ball to hold it in place. Continue a walking dribble on the restart signal.