*WEEK 3 of 4*

**Skill:** The ability to do something well.

*Eliana improved her soccer* ***skills*** *each time that she practiced.*

**Soccer Bowling: [**[**YouTube**](https://youtu.be/-Vy4p7c32CA)**]**

To play, you will need 1 soccer ball and 1 plastic bowling pin (or 2 cups).

The object of the game is to score points by knocking down the pin that is 4 to 10 feet away from you. Start with the pin close. Each time you knock it over, take a step back before you try again. How far apart can you be and still knock down the pin. The ball must stay controlled and on the floor.

*WEEK 3 of 4*

**Determination**: A strong feeling about the purpose of a goal that gives motivation for accomplishing that goal.

*Akinyi’s* ***determination*** *helped push her to practice and improve her dribbling skills.*

**Soccer Red Light, Green Light: [**[**YouTube**](https://youtu.be/Qp5mGsKY-ZQ)**]**

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.

*WEEK 3 of 4*

**Challenge**: Something that presents difficulty and requires effort to master or achieve.

*The students enjoyed the* ***challenge*** *of the soccer drills they practiced in class.*

**Soccer Fortune Teller:**

**[**[**YouTube for Game Play**](https://youtu.be/3Jb0cMumKNE)**]**

**[**[**YouTube for Fortune Teller Folding**](https://youtu.be/xsK4RQv4Cug)**]**

Cut and fold the Soccer Fortune Teller. Then, play the Fortune Teller game and complete the soccer drills as a warmup.

Be sure to read the healthy food facts on the fortune teller each time you play the game. Share those facts with a friend or family member.