



**SOCCER NUTRITION**  
— OPENPHYSED.ORG —

## Brain & Body Warm-Ups

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:**

[\[YouTube for Game Play\]](#)

[\[YouTube for Fortune Teller Folding\]](#)

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.

## Purposeful Practice

WEEK 3 of 4

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

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

**Soccer Bowling:** [\[YouTube\]](#)

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.

## Just for Fun (and health)

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:**

[\[YouTube\]](#)

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.