



**SOCCER NUTRITION**  
— OPENPHYSED.ORG —

## Brain & Body Warm-Ups

WEEK 4 of 4

**Routine:** A set sequence of steps. A task that is repeated daily, weekly, or at some consistent interval.

*Iman practiced the same warm-up routine before every practice.*

**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 4 of 4

**Enjoy:** Having positive feelings caused by doing or experiencing something you like.

*The class knew that they would enjoy the soccer activities that Ms. Williams had planned.*

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

Every player has a soccer ball. The group needs 1 bean bag, or sock ball. The youngest player starts by tossing this bean bag or sock ball (this is the "jack"). The object is for each player to use a push pass to get their ball closest to the jack.

Points are awarded for distance to the jack: within 1 step = 3 points; within 2 steps = 1 point. How quickly can you score 10 points?

## Just for Fun (and health)

WEEK 4 of 4

**Physical Activity:** Any physical movement that uses the body's energy.

*It's important to make physical activity a part of your daily routine.*

**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 start signal.