

SOCCER NATION

Menu Activity Cards

BRAIN & BODY WARM-UP

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

Every student has a soccer ball.

One player is the Teacher. 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](https://openphysed.org).

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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

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.

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PURPOSEFUL PRACTICE

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

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.

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PURPOSEFUL PRACTICE

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

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?

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PURPOSEFUL PRACTICE

SKILL: The ability to do something well.

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

SOCCER BOWLING

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.

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PURPOSEFUL PRACTICE

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

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?

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JUST FOR FUN (AND HEALTH)

PRACTICE: To perform an activity or exercise repeatedly and regularly to improve or maintain skill.

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

SOCCER RED LIGHT, GREEN LIGHT

It's time to play 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.

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JUST FOR FUN (AND HEALTH)

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

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.

Add new "tricks" for the dog to do. For example, "Jump Over!" Everyone jumps over their ball side-to-side.