

SOCCER NATION

At Home Choice Board

Hang this choice board near your safe physical activity space.
Choose an activity, get active, and have fun!

Brain & Body Warm-Ups	Purposeful Practice	Just for Fun (and health)
<p>Teacher Says Soccer [YouTube] Find a friend. One is the Teacher, the other the student. Play like Simon Says, but use, "Teacher Says."</p>	<p>Soccer Ski Slalom: [YouTube] Set up the cones in a line. How quickly you can weave through the cones?</p>	<p>Soccer Red Light, Green Light [YouTube] Pick a foot-skill drill (like toe taps). When the leader says, "green light" start the drill. On, "red light" freeze.</p>
	<p>Target Practice [YouTube] Pass from object-to-object. Each accurate pass is 1 point. How many points can you make in 1 minute?</p>	
<p>Soccer Fortune Teller [YouTube] Print and play the Soccer Fortune Teller.</p>	<p>Soccer Bowling [YouTube] Use a water bottle as a pin. Pass from 4' away. Step back each time you knock it over. From how far can you knock down the pin?</p>	<p>Walk the Soccer Dog [YouTube] Dribble your soccer ball in the activity area. When the leader says, "Fire Hydrant!" Stop and put your foot on top of the ball to hold it in place.</p>
	<p>Soccer Bocce [YouTube] Start by tossing the jack. The object is to use a push pass to get a ball closest to the jack. Points awarded for distance to the jack: within 1 step = 3 pts; within 2 steps = 1.</p>	

[Learn how to fold a Hoodie-Ball on the OPEN YouTube Channel.](#)