*WEEK 1 of 4*

**Dribble**: Moving a ball under the control of a single player. Soccer requires foot dribbling.

*Joshua’s ball control skill helped him* ***dribble*** *around defenders.*

**Cone Flip: [**[**YouTube**](https://youtu.be/CZiXURpzZ9o)**]**

Need: 6 cups, 1 six-sided die, 1 ball. The object is to flip 6 cups upside down. Start behind the die 10’-15’ away. The cups are lined up on the floor numbered 1-6. Roll the die. Numbers on the die matches a cup – 1 is the first, 2 is next, and so on. After your roll, dribble down and flip the correct cup. Then, return to your team/die. Continue play. If you roll a number twice, flip it back up. Now, you must roll it again. Continue until all cups are upside down.

*WEEK 1 of 4*

**Self-Care:** Restorative activities that are done with the purpose of rejuvenation, wellbeing, and relaxation.

*Jacob practices mindfulness every morning as a part of his* ***self-care*** *routine.*

**Ted Talk: Self Care: What It Really Is [**[**Video Link**](https://www.ted.com/talks/susannah_winters_self_care_what_it_really_is)**]**

Take a few minutes to watch this Ted Talk on what self-care is and how you can build it in to your lifestyle.

Complete the SEL Concept Square for Self-Care after you watch the Ted Talk.

[[Google Slide Link](https://docs.google.com/presentation/d/15GwewgKVD0E4bQwKEbICsMxFalcYjnLTLD1rq-W9k64/copy)]

*WEEK 1 of 4*

**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.*

**200 Touches: [**[**YouTube**](https://youtu.be/PQZ0bRX8Qvk)**]**

Every student has a soccer ball.

Follow along to the 200 Touches YouTube Video to complete your 200 ball-control touches.

Don’t have access to the video? Complete this routine instead.

50 Toe Touches (top of ball)

50 Foundations (inside-to-inside feet)

50 Toe Touches

50 Foundation

= 200 Touches