



SOCCER NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

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: [\[YouTube\]](#)

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

Purposeful Practice

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: [\[YouTube\]](#)

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.

Just for Fun (and health)

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
[\[Video Link\]](#)

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.
[\[Google Slide Link\]](#)