



SOCCER NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 2 of 4

Target: An object selected as the aim of attention, a pass, or an attack.

*Obi was the **target** of Sandi's pass.*

Soccer Tabata: [\[YouTube\]](#)

Follow along to complete the 4-Minute Soccer Tabata YouTube Video.

Tabata routines include 8 rounds of activity with 20 seconds of work and 10 seconds of rest. Use that format with these drills:

- Exercise: Step Jacks, Rest
- Footwork: Toe Touches, Rest
- Exercise: Plank Arm Raises, Rest
- Skill Practice: Juggle Practice, Rest
- Exercise: Squat Step-Ups, Rest
- Footwork: Foundations, Rest
- Exercise Jumping Jacks
- Skill Practice: Juggle Practice

Purposeful Practice

WEEK 2 of 4

Pass: To move an object from one space to another.

*The team moved the ball quickly down the field with each accurate **pass**.*

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

Every player has a soccer ball. The group needs 1 bean bag, or sock ball.

The youngest player in the group starts the game 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 2 of 4

Mindfulness: An activity that relaxes the mind and purposefully brings awareness to the present moment.

*Andy walks in the park and watches the movement of the wind in the trees as a part of his **mindfulness** practice.*

Ted Talk: All it takes is 10 mindful minutes [\[Video Link\]](#)

Take a few minutes to watch this Ted Talk on starting a mindfulness routine and how it can help your emotional wellbeing.

Complete the SEL Concept Square for Mindfulness after watching the Ted Talk. [\[Google Slide Link\]](#)