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

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]