



SOCCER NUTRITION
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Brain & Body Warm-Ups

WEEK 3 of 4

Challenge: Something that presents difficulty and requires effort to master or achieve.

*The students enjoyed the **challenge** of the soccer drills they practiced in class.*

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

Purposeful Practice

WEEK 3 of 4

Skill: The ability to do something well.

*Eliana improved her soccer **skills** each time that she practiced.*

PELE: [\[YouTube\]](#)

Pele, a Brazilian soccer player, is thought to be one of the greatest players. This game is similar to "PIG" but you perform soccer juggle sequences (3 to 5 touches) that a player must match. For example, you would announce: *Thigh, Thigh, Foot, Foot, Catch*. Then, you must perform that sequence and end by catching the ball. If you fail, the next player gets a chance to create a new sequence. If you succeed, your opponent must match it exactly and end with a catch. If it is not matched, that player gets a letter. Play continues until a player gets 4 letters P-E-L-E.

Just for Fun (and health)

WEEK 3 of 4

Grit: Passion and perseverance for long-term goals.

*Akinyi's **grit** helped push her to practice and improve her dribbling skills in order to become an outstanding soccer player.*

Ted Talk: Grit: The power of passion and perseverance [\[Video Link\]](#)

Take a few minutes to watch this Ted Talk on Grit and how passion and perseverance can help you achieve your goals.

Complete the SEL Concept Square for Grit after you watch the Ted Talk. [\[Google Slide Link\]](#)