

# SOCCER NATION

## Menu Activity Cards

### BRAIN & BODY WARM-UP

**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

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**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.*

### 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

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### PURPOSEFUL PRACTICE

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

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### PURPOSEFUL PRACTICE

**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?

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### PURPOSEFUL PRACTICE

**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.

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### PURPOSEFUL PRACTICE

**ENJOY:** Having positive feelings caused by doing or experiencing something you like.

*The class knew that they would **enjoy** the soccer activities that Ms. Williams had planned.*

### Soccer Golf: [[YouTube](#)]

Played with Disc Golf rules. The youngest player starts by placing a cone in the area as the golf hole, at least 2 kicks away from the starting spot.

No cones? You can use large objects like trees, fence posts, brick walls, and other objects that can be safely hit with a ball. Players take turns trying to hit the target in the fewest number of kicks.

Player with the fewest gets to choose the next hole and begins by kicking first.