

SOCCER NATION

At Home Choice Board

Hang this choice board near your safe physical activity space.
Choose an activity, get active, and have fun!

Brain & Body Warm-Ups	Purposeful Practice	Just for Fun (and health)
<p>200 Touches: [YouTube]</p> <p>Every student has a soccer ball. Follow along to the 200 Touches YouTube Video to complete your 200 ball-control touches.</p>	<p>Cone Flip: [YouTube] The object is to flip 6 cups upside down. Roll, dribble, flip, repeat.</p>	<p>Ted Talk: Self Care: What It Really Is [Video Link]</p>
	<p>Soccer Bocce: [YouTube] 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?</p>	<p>Ted Talk: All it takes is 10 mindful minutes [Video Link]</p>
<p>Soccer Tabata: [YouTube]</p> <p>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.</p>	<p>PELE: [YouTube] This game is similar to "PIG" but you perform soccer juggle sequences (3 to 5 touches) that a player must match.</p>	<p>Ted Talk: Grit: The power of passion and perseverance [Video Link]</p>
	<p>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.</p>	<p>Ted Talk: Want to be happy? Be grateful. [Video Link]</p>

[Learn how to fold a Hoodie-Ball on the OPEN YouTube Channel.](#)