



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.*

Soccer Fortune Teller:

[\[YouTube for Game Play\]](#)

[\[YouTube for Fortune Teller Folding\]](#)

Cut and fold the Soccer Fortune Teller. Then, play the Fortune Teller game and complete the soccer drills as a warmup.

Be sure to read the healthy food facts on the fortune teller each time you play the game. Share those facts with a friend or family member.

Purposeful Practice

WEEK 3 of 4

Skill: The ability to do something well.

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

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

To play, you will need 1 soccer ball and 1 plastic bowling pin (or 2 cups).

The object of the game is to score points by knocking down the pin that is 4 to 10 feet away from you. Start with the pin close. Each time you knock it over, take a step back before you try again. How far apart can you be and still knock down the pin. The ball must stay controlled and on the floor.

Just for Fun (and health)

WEEK 3 of 4

Determination: A strong feeling about the purpose of a goal that gives motivation for accomplishing that goal.

*Akinyi's **determination** helped push her to practice and improve her dribbling skills.*

Soccer Red Light, Green Light:

[\[YouTube\]](#)

We're going to wrap up today playing Soccer Red Light, Green Light. I'm going to give you a foot skill drill to perform (like toe taps). When I say, "Green Light!" perform the drill. When I say, "Red Light!" stop and freeze with 1 foot on the top of the ball.

Score 1 point every time you stop and freeze perfectly.