



SOCCER NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 4 of 4

Routine: A set sequence of steps. A task that is repeated daily, weekly, or at some consistent interval.

*Iman practiced the same warm-up **routine** before every practice.*

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 4 of 4

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 Ninja Obstacle Course:

[\[YouTube\]](#)

Use the equipment available to set up a soccer ninja obstacle course. Cones can be passing windows, targets, or goals. Jump ropes can create dribble pathways and spots can be fitness or ball control drill stations.

How quickly can you move through the obstacle course with your ball under control?

Just for Fun (and health)

WEEK 4 of 4

Physical Activity: Any physical movement that uses the body's energy.

*It's important to make **physical activity** a part of your daily routine.*

Walk the Soccer Dog: [\[YouTube\]](#)

Your soccer ball is a soccer dog, and it needs to go outside. On the start signal, take it for a slow walk by using slow and controlled dribble taps to move around the activity area at a walking pace.

When you hear "Fire Hydrant!" Stop and put your foot on top of the ball to hold it in place. Continue a walking dribble on the start signal.