



**SOCCER NUTRITION**  
— OPENPHYSED.ORG —

## Brain & Body Warm-Ups

WEEK 4 of 4

**Routine:** A set sequence of steps. A task repeated at a consistent interval.

*Tabata is an exercise **routine** format.*

**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

## 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 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.

## Just for Fun (and health)

WEEK 4 of 4

**Gratitude:** The quality of being thankful with the readiness and desire to show appreciation.

*Sophie decided to show her **gratitude** by writing a thank you note to her coach.*

**Ted Talk: Want to be happy? Be grateful.** [\[Video Link\]](#)

Take a few minutes to watch this Ted Talk on the importance of gratitude and how it leads to more happiness.

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