

# SOCCER NATION

## Teacher Talk

### [Soccer Nation Week 1 Sample Script]

#### **Brain & Body Warm-Ups**

Today is the first lesson in our OPEN Soccer Nation physical education module. In this unit, we will be working on improving our basic ball control skills. Let's start by completing a basic ball control routine called 200 Touches.

During this routine, we'll complete 2 sets of 50 Toe Touches and 2 sets of 50 Foundation Taps (back and forth with the inside of our feet). These 4 sets add up to 200 touches. Start this routine with very slow and controlled taps and touches. As you feel more and more comfortable, increase the speed of your movements. Practice this routine as often as you can.

---

#### **Purposeful Practice**

During our Purposeful Practice time, we will practice our dribbling skills. Dribbling is one way that we move the ball up and down the field in a game of soccer. It's important to use controlled and purposeful taps to control the ball.

Let's play a game of Cone Flip while we work to improve our dribbling skills. The object of this game is to flip 6 cups upside down before your opponent. We'll start behind the dice. The cups are lined up on the floor numbered 1-6 (from left to right). Roll your die. Numbers on the die match a cup – 1 is the first, 2 is next, and so on. After your 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.

---

#### **Just for Fun (and health)**

During the Just for Fun and Health section of the OPEN Soccer Nation module, we'll focus on social and emotional concepts that can improve our overall wellbeing. This week we'll focus on Self-Care.

Let's watch this short Ted Talk about self-care. Then, we'll complete the concept square using a Google Slide. After you fill out your Google Slide, we'll discuss our ideas and thoughts on this important social and emotional learning concept.