

# SOCCER & 4-H @HOME

# Session 1

CLICK ON THE PHOTOS AND ICONS TO WATCH THE VIDEOS AND ACCESS THE ACTIVITIES

## SOCCER ACTIVITY INSTRUCTIONS

### TOE TAPS

Alternate left and right with one foot toes touching the ball and the other staying on the ground. Start slow and increase your speed as you memorize the mechanism.



1



### WARM UP

2



### TOE TAPS

3



### COOL DOWN

FOLLOW US ON



Extension - 4-H Youth Development



## LEARN AND EARN



HEAD



4-H



Picture your Food



Soccer Fun Fact



Recipe of the Week



Wellbeing



Explore Careers

## HOME CHALLENGE TOE TAPS



HEART

3rd-5th Grade <i>Objective</i>	6nd - 7th Grade <i>Objective</i>	8th - 10th Grade <i>Objective</i>
PHASE 1 Do it for <b>30 seconds</b>	PHASE 1 Do it for <b>60 seconds</b>	PHASE 1 Do it for <b>90 seconds</b>
PHASE 2 <b>INCREASE THE SPEED</b>	PHASE 2 <b>INCREASE THE SPEED</b>	PHASE 2 <b>INCREASE THE SPEED</b>

Can you draw a soccer ball?



## DO AND SERVE OTHERS



HANDS



It might be hard to believe, but not everyone has access to the internet. If you know of someone that does not have internet access, give them a call. A phone call can lift the spirits of someone feeling isolated and lonely.

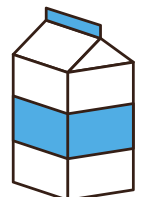
## EAT WELL



HEALTH

How many servings of dairy do kids need every day?

Dairy products are packed full of goodness. From providing energy and protein to vitamins and calcium needed for strong bones and teeth.



The USDA's recommendation for daily servings of dairy are:

<b>Ages 2-3</b>	<b>2 cups</b>	<b>Ages 9-13</b>	<b>3 cups</b>
<b>Ages 4-8</b>	<b>2 1/2 cups</b>	<b>Ages 14-18</b>	<b>3 cups</b>