

SOCCER & 4-H @HOME

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

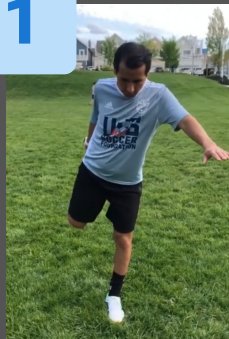
SOCCER ACTIVITY INSTRUCTIONS



SOLE ROLL

Alternate left and right with each foot softly rolling the ball across your body.

1



WARM UP

2



SOLE ROLL

3



COOL DOWN

FOLLOW US ON



Extension - 4-H Youth Development



Session 4

LEARN AND EARN



HEAD



4-H



Picture your Food



Soccer Fun Fact



Explore Careers



Recipe of the Week



Wellbeing

HOME CHALLENGE SOLE ROLL



HEART

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

Striking the Ball with the Laces



DO AND SERVE OTHERS



HANDS

Many animal shelters have closed to the public because of COVID-19. This means fewer pets are being adopted as animals continue to come in. Find a shelter or rescue organization near you where you can foster or adopt a forever friend.



Please Adopt Us!

EAT WELL



HEALTH

Half Should Be Whole!



Grains are an important source of vitamins, minerals, and fiber. Nutrients we do not get enough of for good health. This is why the daily recommendation is for **half of the grains you consume should be whole grains**. You can find whole grain versions of bread, sandwich buns, tortillas, pasta, cereal, crackers, oatmeal, and rice to meet the whole grain daily recommendation.