SOCCER & 4-H @Home

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

SOCCER ACTIVITY



ROLL STOP BACK

Position your body as if you were to give a pass. Alternating left and right, use the inside / bottom of your foot to roll the ball and stop it immediately after with the outside / bottom, and finish by pulling it back the other side with the same foot, while the other foot stays on the ground.

WARM UP



COOL DOWN

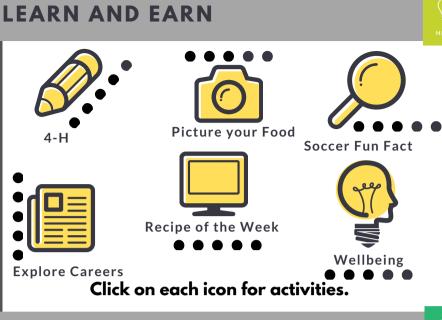
FOLLOW US ON

xtension



ROLL STOP BACK

Extension - 4-H Youth Development



HOME CHALLENGE ROLL STOP BACK

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



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HANDS

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DO AND SERVE OTHERS



Session 5

Food Banks Need Your Help!

Contact your local food bank to assist with delivering and/or packaging meals. Click on the food bag picture to find a food bank or food distribution center near you.

EAT WELL



Jump Start Your Day with Breakfast!

Eating breakfast gives your mind and body a jump start of energy to begin the day. Studies suggest that children who skip breakfast may have trouble concentrating or paying attention and result in not doing well in school as those who eat breakfast.

To learn more about the School Breakfast Program sponsored by United States Department of Agriculture click on the breakfast plate icon.