

# SOCCER & 4-H @HOME

# Session 5

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

## SOCCER ACTIVITY INSTRUCTIONS



## 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

1



2



### ROLL STOP BACK

3



### COOL DOWN

FOLLOW US ON



Extension - 4-H Youth Development



## LEARN AND EARN



HEAD



4-H



Picture your Food



Soccer Fun Fact



Explore Careers



Recipe of the Week



Wellbeing

Click on each icon for activities.

## HOME CHALLENGE ROLL STOP BACK



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>

## Coach Mike Challenge



## DO AND SERVE OTHERS



HANDS



### 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



HEALTH



### 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.