

SOCCER & 4-H @HOME

Session 7

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

SOCCER ACTIVITY INSTRUCTIONS



ROLL CUT

Position your body as if you were to kick the ball. Alternating left and right, use the inside / bottom of your foot to role the ball all the way until your foot touches the ground, and make a soft push out to change direction, while the other foot stays on the ground. Important to move your body towards the first move of your foot, but change it immediately once the ball changed its trajectory.



ROLL CUT



COOL DOWN

FOLLOW US ON



Extension - 4-H Youth Development



LEARN AND EARN



4-H



Picture your Food



Soccer Fun Fact



Explore Careers



Recipe of the Week



Wellbeing

Click on each icon for activities.

HOME CHALLENGE ROLL CUT



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

Make your Own Sock-er Ball



DO AND SERVE OTHERS



Help an Older Person with Technology



Your local 4-H program, library or retirement community may be able to pair you up with a senior citizen who needs help setting up email, talking to their grandchildren online, or completing a task you think is incredibly simple given that you grew up with technology.

EAT WELL



Nutrition Facts Label (NFL)

NFLs are found on almost all food packages and focus on key nutrients that affect your health. The labels allow us to compare food products so we can make more informed choices about what and how much we eat.

