

# SOCCER & 4-H @HOME

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

## SOCCER ACTIVITY INSTRUCTIONS



## ROCKING SOLE

Manipulate the ball alternating the inside and outside of one foot, while making a little jump with the other foot every time you touch the ball.

1



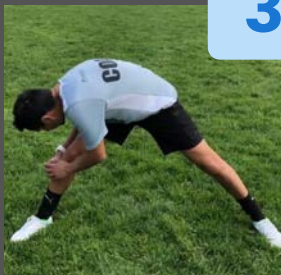
### WARM UP

2



### ROCKING SOLE

3



### COOL DOWN

FOLLOW US ON



Extension - 4-H Youth Development



# Week 3

## LEARN AND EARN

● = 1 point



HEAD



4-H



Picture your Food



Soccer Fun Fact



Explore Careers



Recipe of the Week



Wellbeing

UP TO 5 POINTS BY ACTIVITY COMPLETED

## HOME CHALLENGE ROCKING SOLE



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>

Create a Mini Soccer Game



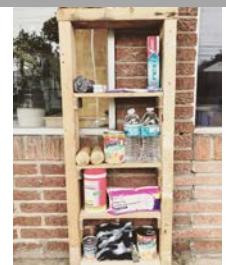
## DO AND SERVE OTHERS



HANDS

### Mini Pantry Movement

Help feed neighbors by creating a mini food pantry for those in need.



## EAT WELL



HEALTH

**How many servings of vegetables do kids need every day?**



Vegetables provide important nutrients needed for the health and maintenance of our bodies. Federal guidelines **recommend 2 to 2 1/2 cups per day** for children aged 9-13.