

SOCCER & 4-H @HOME

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

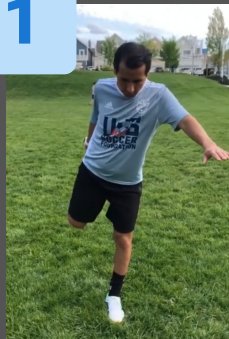
SOCCER ACTIVITY INSTRUCTIONS



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



Session 3

LEARN AND EARN



HEAD



4-H



Picture your Food



Soccer Fun Fact



Explore Careers



Recipe of the Week



Wellbeing

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 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

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.