

SOCCER & 4-H @HOME

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

SOCCER ACTIVITY INSTRUCTIONS

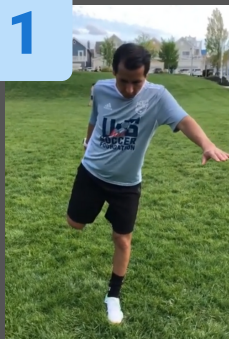


CUT OUTSIDE

Alternating left and right with short steps in between, reach out to the ball, but before bringing it to the middle, you are going to extend your supported leg/foot outside of the ball to be able to push the ball with your other foot with the inside part.

WARM UP

1



2



CUT OUTSIDE

COOL DOWN

3



FOLLOW US ON



Extension - 4-H Youth Development



Session 9

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 CUT OUTSIDE



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

Liquid Layers Challenge

...be a chemist



DO AND SERVE OTHERS



HANDS

Place Others First!

Show some kindness by choosing a day where you let all others go in front of you, go first, or help the person in front of you. It is a simple Act of Kindness that can bring a smile to someone's face because you noticed them.

EAT WELL



HEALTH

FATS

Eating too much of one thing is not good, and that includes fat in your food. Fat is a nutrient that gives food flavor, but regular amounts of fatty foods can cause health problems. Make heart-healthy food choices by eating reduced fat, low-fat or fat-free foods.

