

SOCCER & 4-H @HOME

Session 10

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

SOCCER ACTIVITY INSTRUCTIONS

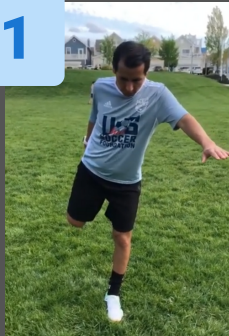


CUT INSIDE

Alternating left and right with short steps in between, reach out to the ball with a foot to bring it to the middle with the inside part of your foot, by positioning your foot outside of the ball and turning your leg and body at the same time.

WARM UP

1



2



CUT INSIDE

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.

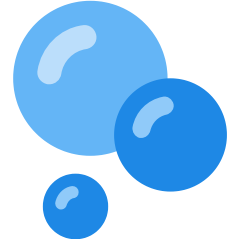
HOME CHALLENGE CUT INSIDE



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

Bouncing Bubbles



DO AND SERVE OTHERS



HANDS

SPREAD POSITIVITY

Face to face communication has been difficult, impacting small businesses, the elderly and those with health issues. One simple way to take care of your community and show appreciation, support, or love is by making uplifting **Signs of Positivity** to post on doors, windows, and in yards. You can make a difference!



EAT WELL



HEALTH

SNACK TIME



Children usually eat at least one snack a day. Many available packaged snacks are lower in nutritional value. Fresh fruit, vegetables, cheese, nuts and whole grain crackers are a terrific way to support a child's healthy eating habit. Click on the picture of the kids eating a snack to find healthy snack ideas.