

Newton Girls Soccer Suggested Activities!

Choose one or two activities a day from the NGS Soccer Activities chart to keep your “soccer mind and body” sharp! Repeat the activities as many times as you would like.

HAVE FUN!!

Practice dribbling . Create a soccer obstacle course using items such as cones, hula hoops, chairs or other supplies. Time yourself and try to improve your speed.	Practice agility . Work on your “fast feet” as you move through a real or “chalk-drawn” ladder. You can also create a “ladder” using tape on the ground.	Put on music and jump rope (8-9 foot rope ideal). Can you make it through an entire song? Try jogging with the rope, double jumping or other tricks.	Do some “ back to basics ” exercises to music such as jumping jacks, sit ups and push ups. Jog up flights of stairs a few times for an additional cardio workout.
Work on beating your juggling record. Variation: Try incorporating different parts of your body. Create a pattern, for example, “right foot, left foot, left thigh, right thigh...”	Work on your speed . Set up cones about 10 yards apart. Sprint to the opposite cone. Do ten push ups. Sprint back. Do ten push ups. Repeat 5-10 times.	Take some time to gather all of your soccer equipment and soccer gear . Clean and organize it all.	Start a soccer journal . Jot down a few of your top soccer goals and keep track of your skills training and progress.
Research and practice soccer moves such as Inside touch-scissor, Diagonal Cruyff, Elastico, Maradona or V-Pull. You can also invent your own signature move..	<u>With permission</u> , watch a higher level soccer match . USWNT, NWSL, or Women’s NCAA Soccer. Many can be found on their sites or YouTube. Also, check this out, “USA Champions: The Story of the 2019 Women’s World Cup” https://www.youtube.com/watch?v=JLmH0igMZGk&feature=youtu.be	Take some time to stretch to improve flexibility, reduce stress and muscle tension and prevent injuries. Consider practicing some yoga poses such as <i>Cobra, Child, Cat or Bridge</i>	Wall Homework Challenge . Find an outside wall that you are allowed to safely use for this kicking activity. https://s3-us-west-2.amazonaws.com/pca.psnap/docs/67/ngs_soccer_wall_homework_challenge.pdf
Take excellent care of yourself by eating a nutritious diet, hydrating properly and getting plenty of sleep. Ask if you can make (or help make) a healthy meal or snack for your family.	Practice using your less dominant foot to dribble, pass and shoot. Balance on one leg while playing catch with a friend or family member.	Pass and/or volley a soccer ball with a family member. Create a “wall” between you and your partner (two chairs and a broom could work) and play “soccer tennis.”	Read up on some soccer vocabulary and make a quiz to see if you can stump family members or friends. Examples: <i>check-to, shield, cover, goal-side, pressure</i>
Read a book or online article (with your parent’s permission) about one of your favorite soccer players . What habits do/did they have that contributed to their success?	Players 11 and up can practice to head the ball . Start with lighter objects: a balloon, nerf-type ball, volleyball and then progress to an inflated soccer ball.	1. Do 30 seconds of foundations . 2. Do ten toe taps, sole rolls . Repeat with your other foot.	Be creative and share your creation! 1) Put on your favorite “pump up” song and make up and record your own dance or fitness routine. 2) Draw, paint or make a model of a soccer-themed subject.