

## 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 <b>dribbling</b> . 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 <b>agility</b> . 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 <b>jump rope</b> (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 “ <b>back to basics</b> ” 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 <b>juggling</b> 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 <b>speed</b> . 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 <b>soccer equipment and soccer gear</b> . Clean and organize it all.	Start a <b>soccer journal</b> . Jot down a few of your top soccer goals and keep track of your skills training and progress.
Research and practice <b>soccer moves</b> 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 <b>higher level soccer match</b> . 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” <a href="https://www.youtube.com/watch?v=JLmH0igMZGk&amp;feature=youtu.be">https://www.youtube.com/watch?v=JLmH0igMZGk&amp;feature=youtu.be</a>	Take some time to <b>stretch</b> 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>	<b>Wall Homework Challenge</b> . Find an outside wall that you are allowed to safely use for this kicking activity.  <a href="https://s3-us-west-2.amazonaws.com/pca.psnap/docs/67/ngs_soccer_wall_homework_challenge.pdf">https://s3-us-west-2.amazonaws.com/pca.psnap/docs/67/ngs_soccer_wall_homework_challenge.pdf</a>
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 <b>healthy meal or snack</b> for your family.	Practice using your <b>less dominant foot</b> to dribble, pass and shoot.  <b>Balance</b> on one leg while playing catch with a friend or family member.	<b>Pass and/or volley</b> 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 <b>soccer vocabulary</b> 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 <b>favorite soccer players</b> . What habits do/did they have that contributed to their success?	Players 11 and up can practice to <b>head the ball</b> . Start with lighter objects: a balloon, nerf-type ball, volleyball and then progress to an inflated soccer ball.	1. Do 30 seconds of <b>foundations</b> .  2. Do ten <b>toe taps, sole rolls</b> . Repeat with your other foot.	<b>Be creative and share your creation!</b> 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.