

Newton Academy - Winter Activities

Let's keep our minds and bodies active this winter. Share your ideas academy@newtongirlssoccer.org.

Crazy Golf (with tennis ball)

See [MYSA Activities, Technical Tuesday, Indoor Crazy Golf](#)

Modified version: Choose safe objects to use as targets and try to precisely aim and kick your tennis ball at the targets. Use a point system based on the difficulty to hit each target.



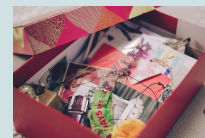
Work on beating your personal **juggling** record. Variation: Try incorporating different parts of your body. Create a pattern, for example, "right foot, left foot, left thigh, right thigh..."



Improve your **speed and overall fitness**. 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.



Memory Box or Scrapbook... Gather all of your soccer photos, certificates, patches and other keepsakes. Make a special scrapbook or decorate a memory box of your special belongings to store everything safely.



Create your own **mini workout** to use during your **remote learning break** or any time when you have a few minutes. **You choose the routine!** For example:

- 30 seconds of high knees
- 20 seconds of jumping jacks
- 15 push ups
- 15 sit ups
- 30 seconds of arm circles



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 floor or ground. Add some high energy music!



Make Your Own Table-Top Soccer Game or create a soccer-themed board game.



Take some time to **S-T-R-E-T-C-H** to improve flexibility, reduce muscle tension and prevent injuries. Consider practicing some yoga poses such as *Cobra, Child, Cat or Bridge*.















Take Advantage of the Sunshine!

During the winter days, make sure to get outside to enjoy some sunshine. Play with your dog, take a nature walk or go out and get some touches on the ball!!



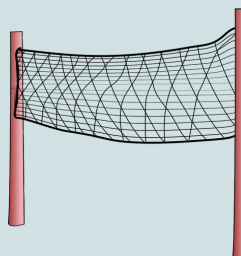
How well do you know a soccer **referee's signals**? Test your family members using the chart below!!

 Caution or Expulsion Referee holds Yellow card Or Red card above head	 Play On / Advantage Referee indicates with his hands That the Advantage Rule Applies and play should continue	 Direct Free Kick Referee points in the direction of kick	 Indirect Free Kick Referee raises his hand until ball is kicked And Touched by another player	 Goal Kick Referee points to a corner of goal area from which kick is to be taken	 Corner Kick Referee points towards corner of the field from which kick is to be taken
 Penalty Kick Referee points to penalty mark From which kick is to be taken	 Substitution Referee Signals to the referee By holding his flag overhead with both hands	 Throw In Assistant Referee Points his flag At corner area From which kick is to be taken	 Corner Kick Assistant Referee Points his flag At corner area From which kick is to be taken	 Offside Assistant Referee Points his flag straight up his head To signal offside Violation to the referee	 Offside Location

[Find referee signals here.](#)

Pass and/or volley a ball with a family member.

Create a "wall" between you and your partner (two chairs and a broom could work) and play "soccer tennis." Focus on precise touches.



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.

[Proper Technique for Heading the Soccer Ball](#)

