

Football Plans

The Barrie School

May 11, 2020

Daily Physical Activities



1 Brief Jog

Stay at an easy pace, stretching arms and shoulders while jogging. This exercise should only last about 10 min. Just to loosen up your body.

2 Jumping Jacks

1. Stand upright with your hands to your side.
2. Bend your knees slightly and jump into the air.
3. As you jump spread your legs so they are shoulder width apart.
4. Jump Back to starting position.

3 Squats

1. Stand facing forward with your chest up.
2. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also hold your hands at chest level or place them behind your head.
3. Bend at your knees and hips, sticking your bottom out like you're sitting into an imaginary chair. Keep your chest lifted and your spine neutral, and do not let your lower back round.
4. Squat down as low as you can, keeping your head and chest lifted. Keep your knees over your ankles and press your weight back into your heels.
5. Keep your body tight, and push through your heels to bring yourself back to the starting position.

****At least three days each week (as part of your 30 minutes of activity each day)

Basic Soccer Tips Week Two

-Relax

-Keep it simple

-Let the game be the teacher

-Have appropriate equipment

-For every 15 min of play, take a break, drink some water.

-Play with the ball to get use to the size



Stretching can be great for your body. It helps keep you flexible so you can reach, bend, and turn more easily. And if you combine stretching with other activities, like strength exercises, it may also prevent injuries. Some ways to increase flexibility are ballet, yoga, martial arts, or Pilates. You also can do [stretches for specific parts of your body](#). Make sure to warm up first. You just need to walk or jog in place for five to 10 minutes.

WARM UP

Always **warm** your **muscles** before you start your **stretches**. Walk or march in place or climb **up** and down flight of stairs slowly for a few minutes before **stretching**. Focus on your posture, abdominal control (keeps your spine straight), and regular breathing during your **warm-up**.

Drill Outline

1. Begin on either left or right
2. Shuffle in front of the cone before backpedaling behind it
3. Move as quickly as possible while maintaining good form
4. Once you are around the cone, burst forward and accelerate through the finish line
5. Repeat on other side.