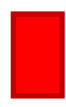




**WHISTLE**

**2**

Take a seat on the bench!



Name one way You can get a **RED** card

Always bring your water & use it to work your arm muscles

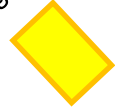


**FIELD**

**1**

Warning! You got a **YELLOW** Card

Do 20 Jumping Jacks!



Do 20 Curls

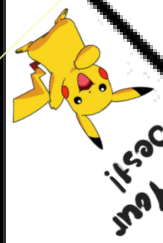
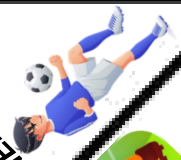


Warm Up when you get to the field! It is important for your muscles!  
Do 10 Lunges each side

**4**

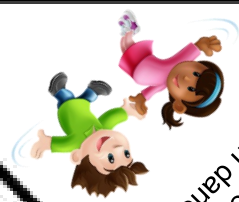
**8**

**JUGGLE** the ball 5 times with each **KNEE**. Start by dropping it to your knee the catching then ball. Then 2 knee bounces and catch then 3, 4, & 5. Practice with both



**Try Your Best!**

Always stretch out before and after your game  
**Try to touch your toes without your knees bending**



Show us your celebration dance

**GOAL! YOU SCORED!**

**5**



**BALL**

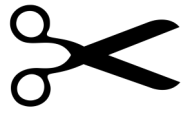
**7**

**Try to JUGGLE** the ball 5 times with each foot! Start with one bounce in between & work up to no bounces. Don't forget to practice with both feet

**6**



**GOAL**



Cut on line

