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FOUNDATION.



**Play and staying active is one of the best ways to reduce stress and boost your mental wellness during uncertain times. That's why Upower has come up with the Uhome activity packet to help you stay moving.**

- Upower Resources Page - <https://www.u-power.org/resources/>
- King County Play Equity Coalition - [www.kcplayequity.org/covid19/](http://www.kcplayequity.org/covid19/)
- The Sports Institute - <https://thesportsinstitute.com/exercise-anywhere/>
- Volt: #1 AI Workout App - **Free subscription; scan URL code to access**



## SOUNDERS SOCCER ACTIVITIES

### 1. SOCCER BOWLING – *Beginner to Advanced*

Set up three “pins” (cone or household items that stand on their own will work well) close together in a triangle in your house or yard. Have your player start 6 steps away and make a pass to knock the over the pins. After all pins have been knocked down, player moves back another 6 steps to increase difficulty. Continue to move back to increase difficulty or add more pins.

### 2. PIRATE SHIP – *Beginner, Family Game*

Player(s) (“pirates”) move around area (pirate ship) with ball at their feet. The Captain will shout commands and player(s) will perform the action relating to the captains’ command. Introduce commands one at a time:

- “Captains coming”: Players put sole of one foot on top of the ball to stop and shout “Argh-hh”
- “Climb the ladder”: Players use 5 toe taps on the ball to climb the ladder
- “Cannon Ball”: Players warm their cannon balls (soccer balls) by performing 5 inside taps.
- “Sharks!”: Players hide ball with their body.
- Feel free to invent your own fun and engaging commands!

### 3. PENALTY SHOOTOUT - *beginner to advanced*

Two household objects placed 5-10 steps apart. The area between these objects will be your “goal”. Place a “penalty spot” 12 steps away from the goal where the player will shoot from.

- Back the penalty spots up 20 or 30 steps for longer shot
- Have the player dribble the ball 3 yards before shooting
- Play as a goalkeeper to encourage the player to shoot past you to score

**MORE ON BACK...**

## SOUNDERS SOCCER ACTIVITIES CONTINUED...

### 4. JUGGLING / ONE-TOUCH AIR PASS - *Beginner to Advanced*

Solo to eight players. Form a small circle 6ft apart. Using one ball, players pass to the right in the air using the tops of their laces, keeping the ball from touching the ground as it goes around the circle. Count the number of touches before the ball touches the ground, with the goal of keeping it up as long as possible.

**CHECK OUT THE SOUNDERS FC SKILLS CHALLENGE FOR MORE**

**[HTTPS://WWW.SOUNDERSFC.COM/SFCSKILLS](https://www.soundersfc.com/sfcskills)**



**Stay safe and have fun!**

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