

# Alphabet Fitness® for Soccer

*Putting the alphabet into action through sport*



Miss Spells® soccercises her ABCs



# A



Anne's agility is awesome.

# Z



Zoe practices zany zigzags.



Yolanda yearns to balance the ball.



Bianca bounces the ball boldly.



Cara cheers for Christa



Xan exercises X-laterally!

# W



Winnie won the world cup.

# D



Dacia and Deb delay daringly.

# E



Erica is an elegant athlete.

# V



Vasu adds volume of velocity to her kick.

# U



Umi and Ulla are uniquely uniform.

# F



Fran and her friends are formidable.

# G



Ghada and Georgia guard the goal.

# T



Training with two builds body teamwork.

# S



Sara stops Sam from scoring.

# H



Holly hurries to hand Hanna the ball.

I



Irene's intensity is invigorating.

R



Randi rests after running rapidly.

# Q



Quick quality passes are quite important.

# J



Jackie jogs and then juggles the ball.

# K



Kim kicks the ball to Kelly.

# P



Pattie plays passing the ball to Pamela.

# O



Ola's offense is outstanding.

# L



Lena uses her legs to lap up the ball.

# M



Melinda and Mandy's muscles empower their moves.

# N



Nadia nailed a nice shot into the net.