



Backyard Activities

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Purpose: Often, you will find that you are alone or with one or two of your friends in the backyard or at the playground. The following activities are challenging soccer activities that will, not only keep you and your friends busy, but will help you improve your skills and your decision making.

Gate Dribbling: Set up small goals with cones about 1 or 2 step(s) apart. Place many of these goals around your yard at different angles. Dribble your ball through as many of the goals as you can in 30 seconds (*ask your mom or dad to time you*). The next time you do it, try to increase the number of goals that you dribble through in 30 seconds by at least one.

