



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.

Kicking (Wall skills)

If you have access to a wall that you can kick your soccer ball against, consider the following soccer activities:

Straight On: Kick your ball directly against the wall at different speeds (pace or weight) and from different distances. Use different surfaces of the foot. Try to keep the ball on the ground. Receive the rebound with different surfaces of the foot, always trying to keep the first touch within playing distance (about 1 or 2 steps from you). Receive the rebound with a controlling touch or two and then kick it against the wall again. Keep the ball moving and keep your feet moving at all times.

Kicking surfaces: inside of the foot, outside of the foot, instep (laces), heel, toe

Receiving surfaces: inside of foot, outside of foot, sole of foot

Angles: Position yourself about 10 yards away and at one end of the wall. Kick your ball on the ground toward the middle of the wall (about 45 degrees). Immediately after kicking the ball, run to receive it as it rebounds from the wall to the opposite end. Perform a change of direction move and repeat the activity in the opposite direction. Experiment with the pace and the angles of your kicks, as well as your receiving surfaces and number of controlling touches. Always try to keep the ball moving.

Change of Direction Moves: Pull back with sole of one foot and push behind other foot; chop with inside or outside of foot.