



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:

Tennis: Volley your ball against the wall with one or two bounces in between each volley. Eventually, keep the ball going with only one bounce in between volleys. Vary your distance from the wall as you play. See how many times you can keep the ball going as you move closer to and farther from the wall. Use different surfaces of your foot and develop a rhythm.

Set up a rectangular court out from the wall and play soccer tennis against the wall with a friend. Set up your own rules with regards to services and bounces, etc.

Squash: This game is played with more than one player. You can set up a rectangular court or play in an open area.

After a kicking order has been determined, the player #1 kicks the ball off the wall. The player #2 must get to the ball before it stops and immediately kick (1-touch) the ball against the wall. If there are more than 2 players, the game proceeds accordingly until all the players have kicked the ball against the wall, at which time the first player is up again. You get a point if the player that follows you allows the ball to stop before she kicks it or if she misses the wall on her kick. Play begins with the next player in the order striking the ball against the wall.

This is a great game for scheming (strategy)...putting the right pace on the ball so that it barely moves after hitting the wall or rebounds off the wall with great speed. Passing angles become a strategic threat in this game as well.