



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.

Nutmeg: Set up small goals with cones about 1 step apart. Place many of these goals around your yard at different angles. Dribble your ball toward a goal and push your ball through the goal. While the ball travels through the goal, you must run around the goal and retrieve the ball on the other side (nutmeg). As soon as you regain control of the ball, dribble at one of the other goals and nutmeg again. Nutmeg as many goals as you can in 30 seconds (*ask your friend, mom or dad to time you*). The next time you do it, try to increase the number of goals that you nutmeg in 30 seconds by at least one.

