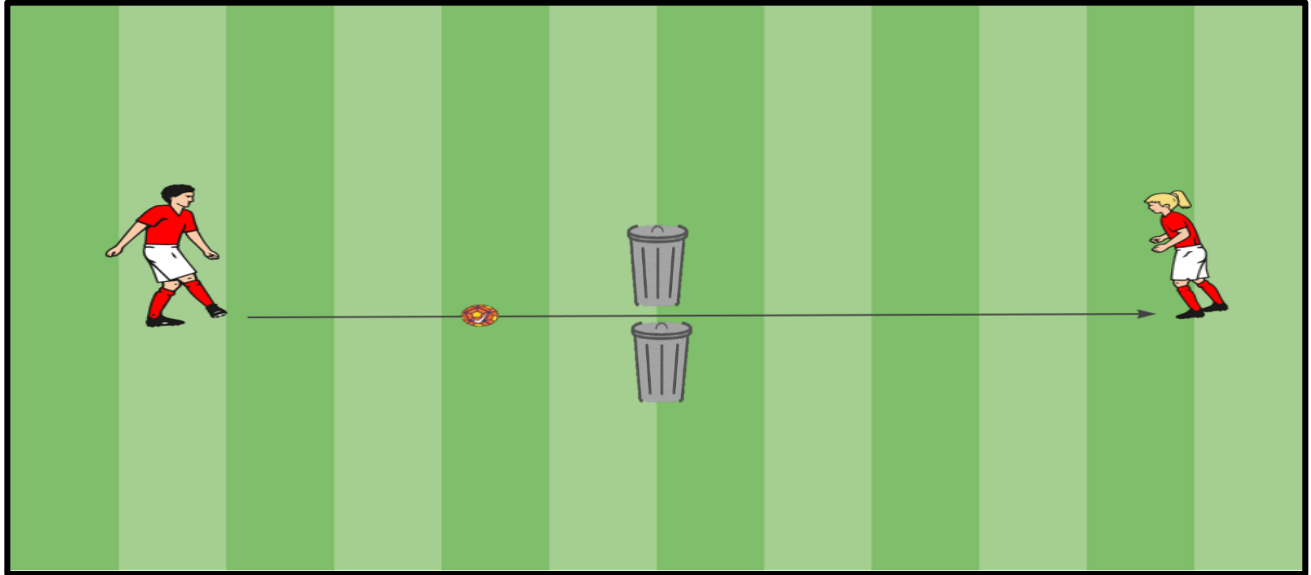




**SKILL ACQUISITION: Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

## Garbage Can Challenge



**Number of Players:** 2 – kids, parents, grandparents (whomever is available)

**Equipment:** Up to 20 yards open space, 2 garbage cans (or recycling bins) & a soccer ball

**Organization:** Set the 2 garbage cans about 3-4 steps apart. Each player chooses a side and starts about 3 steps away from either side of the cans.

**Object of the Game:** Pass the ball between the cans to your partner. Your partner has up to 3 touches to play the ball back; 1 touch to receive the ball, 1 touch to prepare it & 1 touch to pass it back through.

Rotate players into the game if more than 3 participants are playing

**Scoring:** 1 point each time you play the ball through the cans  
 -1 point for hitting a can or playing outside of the cans  
 First player to 10 points wins the round

**Variations** (select as many variations as necessary):

- To make the game more challenging, move back a few steps each round.
- Limit the touches the winner of the previous round gets.
- Return to a closer distance and try to play 1 touch back and forth. Open the distance again each round. (kicking the ball in the air could cost points; player's choice)
- Move to the side and behind either can when passing to try to bend the ball through the space.