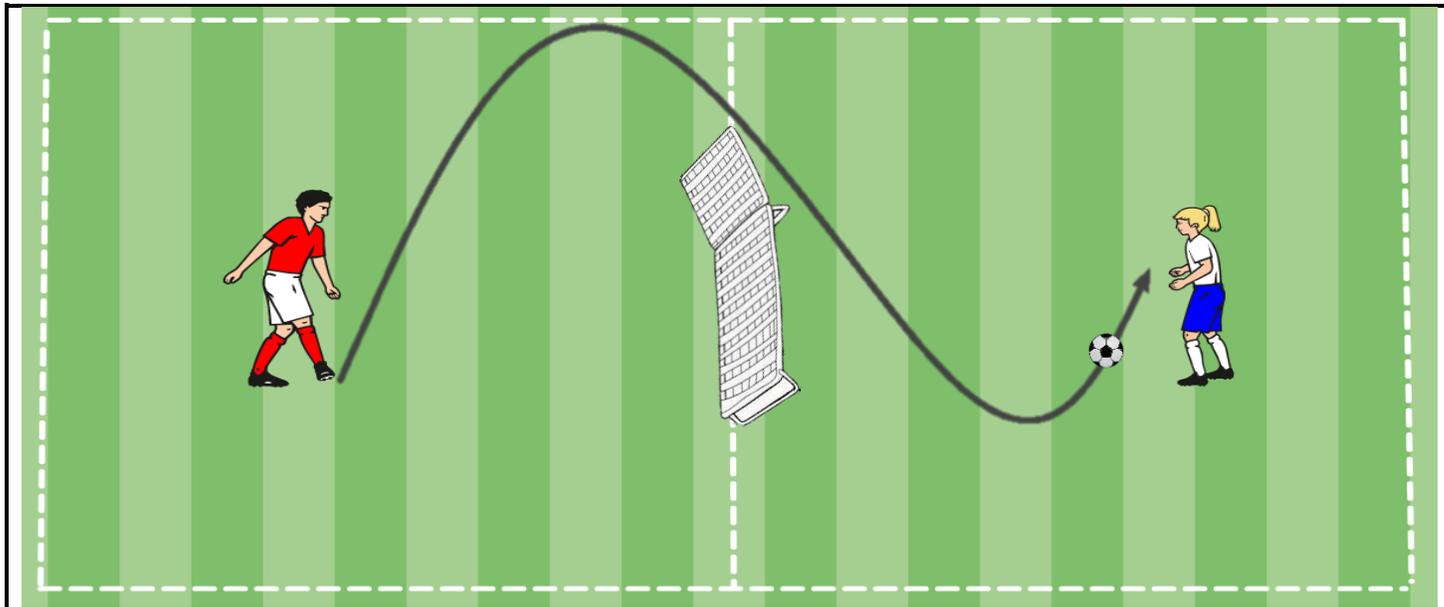# Challenge of the Week

U8

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

Soccer Tennis

Number of Players: 2-4 – kids, parents, grandparents (whomever is available)

Equipment: Up to 20 yards open space, an object to use as a net (in this case, we used a lawn chair on its side for the net. You can use garbage cans, saw horses, benches or any object to play over.)

Organization: Set up a court approximately 10W x 20L yards. Place your obstacle in the middle (lawn chair). For boundaries, use cones, string, shoes, rags or any small items to mark the area.

Object of the Game: Equal number of players on both sides of the divider. The serving player bounces the soccer ball once then tries to kick it over the center obstacle & into the opponents ½ of the court. *(you may have to use imaginary extensions to the center obstacle if it doesn't cover the entire space)* Once it has bounced, the receiving player tries to take a touch with any body part except the hands or head then catches it with their hands before it bounces a second time. If you drop the ball or it bounces a second time, the server gets a point. If you catch it, you are now the serving player and play continues. If the ball doesn't land in the receiver's ½ of the court, point for the receiver and play continues.

Scoring: 1 point for the server if the receiver lets the ball bounce a 2ⁿᵈ time, doesn't use a different surface
    Before catching it or cannot catch it after the 1ˢᵗ touch.
    1 point for the receiver if the ball is not served into their ½ of the court.
    First player to 10 points wins the round (number can be adjusted if all players agree. For example play to 20 instead of 10.) After 1 player get to 10, start another game.

Variations (select as many variations as necessary)**:**
- You can use multiple juggle touches or bounces before you catch it if needed.
- No touch needed to receive the ball; only catch it before it bounces a 2ⁿᵈ time.
- Use 2 touches before you catch it.