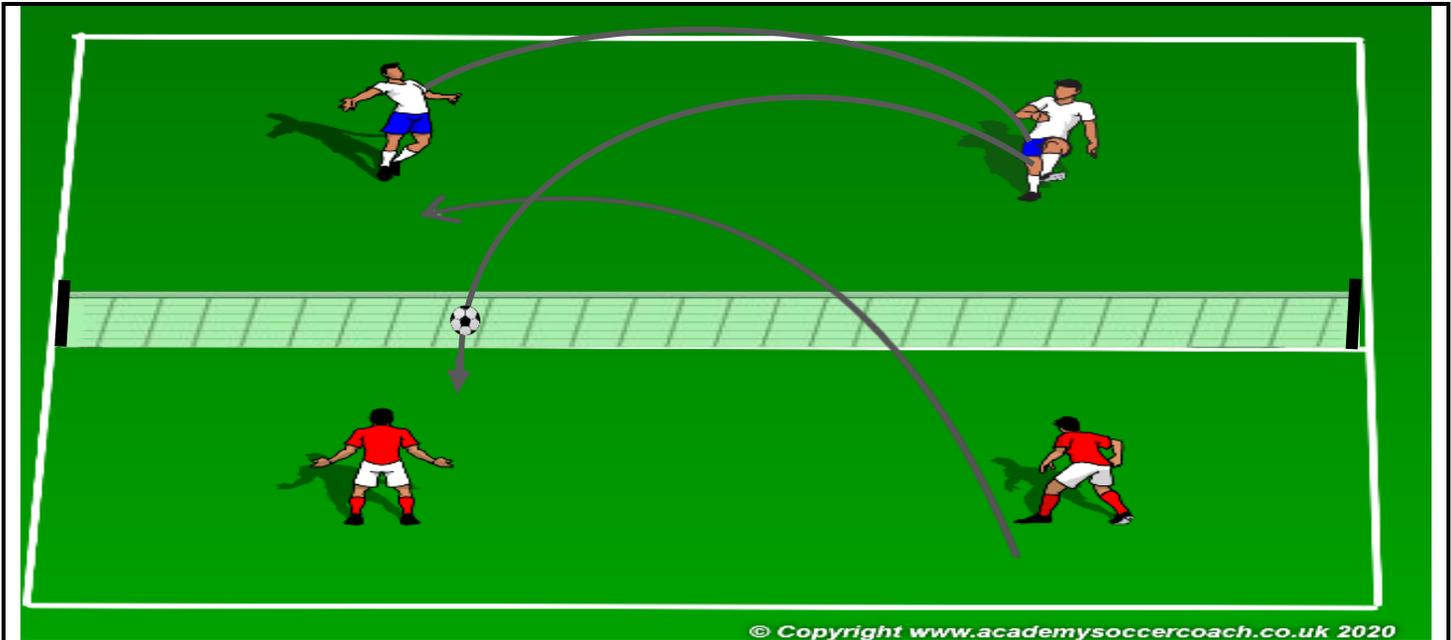




Challenge of the Week

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 (some families own a soccer tennis net.) If you do not have a net, use an object from the garage or back yard like a chair or a bench.

Organization: Set up a court approximately 10W x 20L yards. Place your net in the middle or whatever you choose to use to represent a net. 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. The player who receives the ball has 1 touch to play it back over the net or to their teammate. The ball can bounce 1 time between touches. The team has a maximum of 3 touches to play the ball back over the net. If the ball doesn't land in the receiver's ½ of the court, point for the receiving team and play continues.

Scoring: 1 point for the serving team if the receiving team lets the ball bounce a 2nd.
 If a player plays the ball 2 touches in row, 1 point for the opponents.
 1 point for the receiving team if the ball is not played into their ½ of the court.
 First team to 10 points wins the round (number can be adjusted if all players agree. For example play to 20 instead of 10.) After 1 team gets to 10, start another game.

Variations (select as many variations as necessary):

- A team can only have 1 bounce during their possession
- Both players must touch the soccer ball at least 1 time before playing it back over the net.
- A team can use more bounces if necessary