



SKILL ACQUISITION: Passing/Shooting: Surface of the foot and ball, Pace and accuracy

Indoor Soccer Golf



Number of Players: 1 or more – kids, parents, grandparents (whomever is available)

Equipment: Any indoor space and a tennis ball each (or tennis ball size.)

Organization: Each player starts with a ball. For U8 players and for simple scoring, each target is worth 1 point. Select a target in the house. In the picture above, targets can be a doorway, a table, a bottom step, a cabinet or any (non-breakable) target in the house. You select the targets based on what objects are in the house.

Object of the Game: Which ever player picks the target, they also choose how many kicks you get to use to hit it. For example, pass through the doorway in 1 kick. If you get through the door in 1 kick, you earn a point. If it takes you 2 or more, no point for that target. After all participants have gone and finished, the next player picks a new target. You cannot kick your ball a second time until it has stopped rolling from the first kick. If it ends up unplayable (such as under a table), take a penalty point in order to move it.

Scoring: 1 point each time you hit a target in the agreed upon number of kicks.
Players agree upon a total score to win. For example, the first player to 20 points wins.

Variations (select as many variations as necessary):

- To make the game more challenging, select targets harder to get to.
- Try using equal number of left foot kicks and right foot kicks.
- Select smaller targets.
- Hit specific parts of the target. For example, you must hit the 1 of the table legs instead of anywhere on the table.