

# Soccer skills made easy



## Let's Juggle!

**Toe-catch:** Drop the ball to your foot and kick it straight up. Catch the ball with your hands and repeat.

**Knee-catch:** Drop the ball to your knee and bounce it off of your knee straight up to your hands. Practice this until you can just keep bouncing it on your knee without catching it!

**Head-catch:** Use your head! Bounce the ball off of your head and catch it on the way down. Practice until you are able to keep bouncing it on your head without catching it.

**Waterfalls:** Start by bouncing the ball off of your head. Let the ball fall down to your knee, bounce it once, then let the ball fall down to your foot. Kick the ball back up to your head without the ball ever hitting the ground and you have done a waterfall!

## Pass it on!



**Penalty kicks:** Use your garage door as the goal and practice taking big game winning kicks! Be sure to keep moving back so you can make the long shots.

**Wall ball:** Kick the ball against a wall to practice game-like volleys. Kick it hard and soft and in different directions.



# Game Time!



**Keep Away:** Get a group of friends together, divide up into teams. If you only have 3 people play Monkey in the Middle. As soon as the person or team in the middle gets the ball, they get to be the players kicking the ball back and forth.

**Keeper's Nest:** One player (the keeper) guards, but cannot touch the ball. The keeper may stand over the ball. The objective is for the other three players to get the ball away from the keeper (using their hands or feet), without being tagged and frozen by the keeper. The keeper's goal is to freeze the other three players. Once a player is frozen, he must remain frozen until all players are frozen, until the ball is snatched away by the other players, or until the player counts to 10.



**Death on the Nile:** 3 teams of 4 players, and 3 balls. Each team gets one minute in the middle as goalkeepers (they are the crocodiles in river trying to intercept the ball!) Count the number of interceptions. Other 2 teams have to pass the balls across the 'river' back and forth. Practice calling for the ball, then passing to a teammate on same side to open 'channels'. If the ball is intercepted have goal keepers distribute the ball back to the team to resume play.