

## **1ST & 2ND GRADE SOCCER SKILLS CHALLENGES**

How are your soccer skills?! We've designed challenges you can do at home to see what skills you know how to do and to help you know what to improve on! Can you complete them all? If you are up for the challenge, complete the activities below, write your results, and return the completed form to the recreation department to receive your soccer keychain!

Note: Many of the drills will say to use an object. You can use cones, water bottles, t-shirts, boxes, or whatever else your parents say is okay! Distances and skills are different for different ages.

**These challenges are meant to challenge, stretch and improve your skills as a soccer player! They are meant to be difficult. If you can't get a challenge down, that's okay! Keep trying and have fun with it!**

### **Dribbling:**

\_\_\_ Level 1: Using your strong foot, dribble through 6 cones/objects spaced every 3 feet. Then do the same thing on the way back.

\_\_\_ Level 2: Using your weak foot, dribble through 6 cones/objects spaced every 3 feet. Then do the same thing on the way back.

\_\_\_ Level 3: Using both feet, dribble through 6 cones/objects spaced every 3 feet. Then do the same thing on the way back.

**Passing:** (If you don't have a partner, pass against a wall where the ball will bounce back.)

\_\_\_ Level 1: Using your strong foot, pass to a partner 10 feet away. Complete 10 passes in a row.

\_\_\_ Level 2: Using your weak foot, pass to a partner 10 feet away. Complete 10 passes in a row.

\_\_\_ Level 3: Using either foot, pass to a partner 15 feet away. Complete 10 passes in a row.

\*If either partner cannot successfully trap the pass, restart the count.

**Throw Ins:** (2 hands on the ball, ball behind the head, both feet on the ground)

\_\_\_ Level 1: Do a standing throw 5 times. Measure how far you threw the ball and see if you can beat your record each time!

\_\_\_ Level 2: Have your partner stand (or set a cone up) 10 feet away from you. See if you can throw the ball to your partner's foot 8 times or hit the cone 8 times!

**Shooting:** (If you don't have a goal, set up two objects to make your own goal and try to kick the ball between them)

\_\_\_Level 1: Stand 10 feet in front of the goal and kick the ball through 5 times in a row with your right foot and 5 times in a row with your left foot.

\_\_\_Level 2: Stand 15 feet in front of the goal and kick the ball through 5 times in a row with your right foot and 5 times in a row with your left foot.

\_\_\_Level 3: Stand 20 feet in front of the goal and kick the ball through 10 times in a row with either foot.

**Sportsmanship:**

Watch this video and read the paragraph below and write down how you can be a good sport this season with your soccer team:



Sportsmanship: In NLC Rec, we want to encourage good sportsmanship. We are “Focused on Fun & Family Recreation”. We want everyone to try their hardest while being kind. You can choose to have fun whether you win or lose the game!

You can do that by being nice to yourself and others. Instead of comparing yourself to others, just focus on doing your best! If you make a mistake, don't give up. Have a positive attitude and keep trying! If your teammate makes a mistake, don't get mad at them. Encourage them to keep trying! If your opponent makes a mistake, don't make fun of them. Tell them “good game” or “it was fun playing against you.”

How will you be a good sport this soccer season?

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