

5TH & 6TH GRADE 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 both feet, dribble through 6 cones/objects spaced every 3 feet. Time yourself. Repeat 5 times and write down your fastest time.

___Level 2: Do a pullback. Right leg, left leg. 10 times each side. Watch this video to help you do a pullback!



___Level 3: Do a rollover. Right leg, left leg. 10 times each side. Watch this video to help you do a rollover!



___Level 4: Do a stepover. Right leg, left leg. 10 times each side. Watch this video to help you do a stepover!



Passing: (If you don't have a partner, pass against a wall where the ball will bounce back. Set up objects 5 feet apart and make all the passes inside the objects.)

___Level 1 (2 touch passing): Pass with a partner 20 feet away. Trap and pass back. Complete 10 passes in a row with a successful trap. Do it with your strong leg then your weak leg.

___Level 2 (1 touch passing): Stand 15 feet from a partner. Pass and receive the ball without trapping it. Complete 5 passes without trapping the ball or letting it past you.

___Level 3: Pass with a partner 30 feet away. Trap and pass back. Complete 10 passes in a row with a successful trap. Try to use both feet!

*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-in 5 times. Measure how far the ball goes.

___Level 2: Have your partner stand (or set a cone up) 15-20 feet away from you. Throw the ball to your partner's foot 8 times or hit the cone 8 times!

___Level 3: Do a running throw-in 5 times while dragging your back foot. Measure how far the ball goes. Watch this video to help you do a running throw-in!!



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: Set up objects 3 feet from either goal post. Score 5 times in a row (in the 3-foot gap) from 15 feet away. Right leg & left leg.

___Level 2: Set up objects 5 feet from either goal post. Score 5 times in a row (in the 5-foot gap) from 30 feet away. Right leg & left leg.

___Level 3: Start 40-50 feet from the goal. Have a partner pass a ball through the middle 20-30 feet from the goal. Run to the ball, shoot and score. Score 10 times (does not have to be in a row).

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 respectful. You can choose to have fun whether you win or lose the game!

You can do that by being respectful 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?
