

## 7TH & 8TH 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 challenge coin!

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: Dribble through 6 cones/objects spaced every 3 feet. Using both legs, right leg only, left leg only.

\_\_\_Level 2: Do a pullback. Right leg, left leg. Now do it and run the other direction.

Watch this video to help you do a pullback!



\_\_\_Level 3: Do a rollover. Right leg, left leg. Now do it moving. Watch this video to help you do a rollover!



\_\_\_Level 4: Do a stepover. Right leg, left leg. Now do it moving. 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: Pass with a partner 15 feet away. Trap and pass back. Complete 10 passes in a row with a successful trap. Right leg, left leg.

\_\_\_Level 2: Pass with a partner 15 feet away. Pass it back without trapping the ball. Complete 10 passes in a row without the ball stopping or getting past you. Right leg, left leg.

\_\_\_Level 3: Pass with a partner 30 feet away. Trap and pass back. Complete 10 passes in a row with a successful trap. Right leg, left leg.

### **Throw Ins:**

\_\_\_Level 1: Do a standing throw-in 5 times. Measure how far the ball goes.

\_\_\_Level 2: Set an object 15 feet away from you. Do a standing throw-in and hit the object 5 times in a row.

\_\_\_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:**

\_\_\_Level 1: Set up objects 3 feet from either goal post. Score 5 times in a row (in the 3-foot gap) from 20 feet. Right leg & left leg.

\_\_\_Level 2: Set up objects 3 feet from either goal post. Score 5 times in a row (in the 3-foot gap) from 40 feet away. Right leg & left leg.

\_\_\_Level 3: Set up objects 3 feet from either goal post. Start 40 feet away from the goal. Dribble quickly to the 20 feet line and shoot while moving. Score 5 times in a row from 20 feet away without hitting the objects. Right leg, left leg.

### **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?

---

---

---

---