

3RD & 4TH 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!

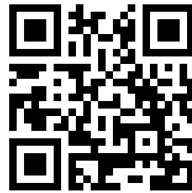
Note: Many of the drills will say to use an object. You can use cones, water bottles, t-shirts, boxes, or whatever else your parents say is okay! Distances and skills are different for different ages.

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. Then do the same thing on the way back.

___ Level 2: Do a pullback. Right leg, left leg. This video explains how to do a pullback.



___ Level 3: Do a rollover. Right leg, left leg. This video explains how to do a rollover.



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. Do it with your strong leg.

___ Level 2: Pass with a partner 15 feet away. Trap and pass back. Complete 10 passes in a row with a successful trap. Do it with your weak leg.

___ Level 3: Pass with a partner 30 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 10 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 15-20 feet away from you. 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 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 2: Stand 20 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 25-30 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.

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?
