

9TH - 12TH 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: Dribble through 6 cones/objects spaced every 3 feet. Using both legs, right leg only, left leg only. At the end of the cones, turn and do it again on the way back.

___Level 2: Do a pullback. Right leg, left leg. Now do it and run the other direction and dribble through the cones you set up for level 1. Watch this video to help you learn how to do a pullback!



___Level 3: Do a rollover then dribble through the cones set up from level 1. Do the rollover with your right leg then dribble through the cones and then do the same with your left leg. Watch this video to help you learn how to do a rollover!



___Level 4: Do a stepover then dribble through the cones set up from level 1. Do the step over with your right leg then dribble through the cones and then do the same with your left leg. Watch this video to help you learn how to 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 the ball, dribble, then 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 the ball with one foot, then pass with your other foot. Complete 10 passes in a row with a successful trap. Right leg & left leg. *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 in a row!

___ Level 3: Do a running throw-in 5 times while dragging your back foot. Measure how far the ball goes.



Shooting:

___ Level 1: Set up objects 3 feet from either goal post and also an object to use as a target to hit in the goal. Hit the target 20 feet away without hitting the objects. Right leg & left leg.

___ Level 2: Set up objects 3 feet from either goal post and also an object to use as a target to hit in the goal. Hit the target 5 times in a row from 40 feet away without hitting the objects. 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.

Miscellaneous:

___ Level 1: Toe Taps- How many in 30 seconds. Do it for 5 days to see if you can get more!

___Level 2: Bell Taps- How many in 30 seconds. Do it for 5 days to see if you can get more!

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?
