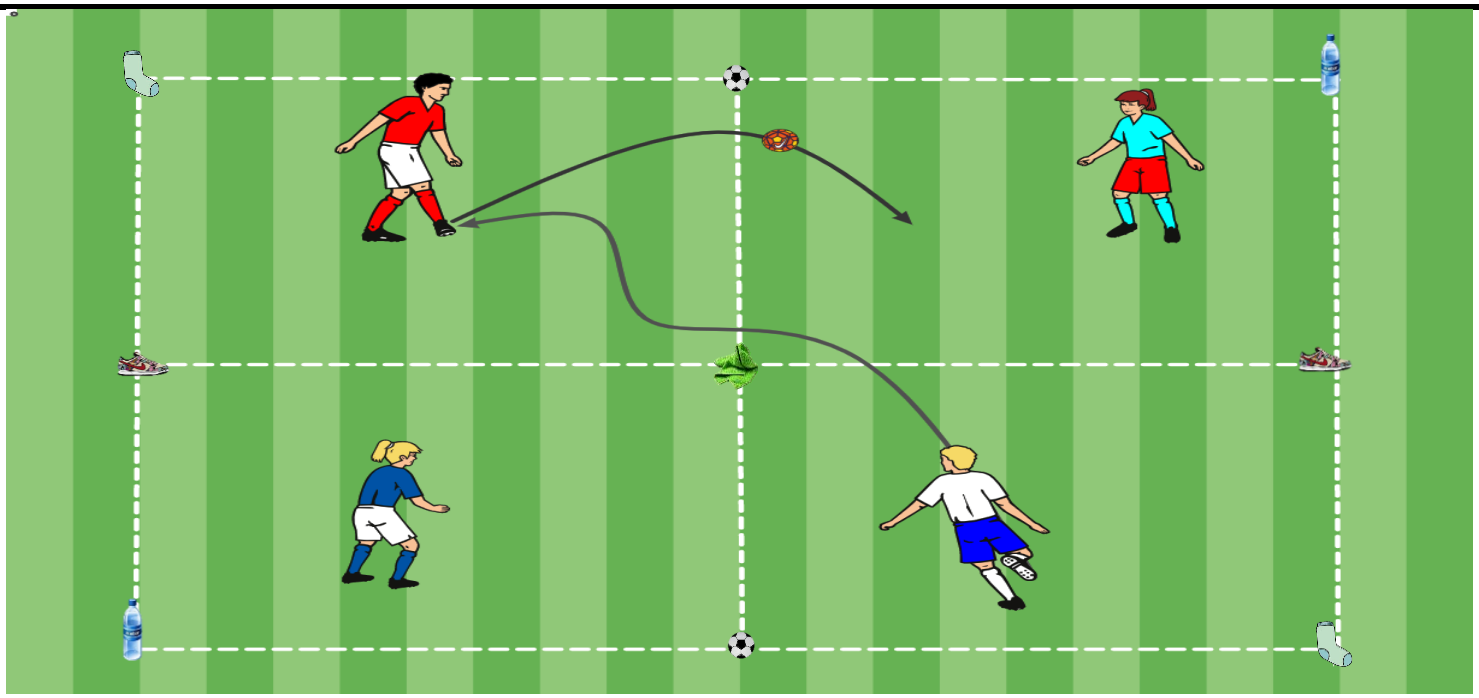
Challenge of the Week

U12

SKILL ACQUISITION: Passing/Shooting: Surface of the foot and ball, Pace and accuracy

4 Square



Number of Players: 2-4 – kids, parents, grandparents (whomever is available)

Equipment: Any outdoor space; street or grass and a soccer ball.

Organization: Set up a 16Wx16L yard square. Divide the square into 4 square boxes. Each player starts in their own square box. The space can be marked out with chalk or use items from around the house for markers (shoes, socks, water bottles, soccer balls or old rags can mark out the space.)

Object of the Game: 1 player starts with the ball in their hands. The drop it to their foot & kick it before it bounces into an opponent's square. The next player allows the soccer ball to bounce 1 time. Before it bounces a 2nd time, they must kick it into another opponent's square. The play continues until a ball bounces 2 times before it is played or the kick doesn't land in an opponent's square Kicks must enter the square at least waist high. If an opponent chooses not to let the ball bounce in their space and plays it anyway, the game continues. However, they are accountable for the result of their touch. If the ball doesn't land in another opponent's square, they lose a point.

Scoring: 1 point for the "kicking player" if the ball bounces more than once in an opponent's square.
-1 point for the "kicking player" if the ball doesn't land in an opponent's square
First player to 10 points wins the game; play again.

Variations (select as many variations as necessary)**:**

- Add a bounce before the ball is kicked if needed
- Allow extra bounces in opponent's square before the ball is played
- Try switching feet with each kick