Challenge of the Week

U12

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

Soccer H-O-R-S-E

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

Equipment: Any outdoor space and a soccer ball each. The more "targets" in the yard, the better. All targets must be reachable with 1 kick.

Organization: Each player starts with a ball. 1 Player selects a target, which foot to use and how to get to the target. In the picture above, The target is to bend the ball under the slide from the patio. Either foot & surface is acceptable. In this case, the first kicker hit the target. Other targets can be a tree, the picnic table or any non-breakable object in the yard. You select the targets based on what objects are in the yard.

Object of the Game: The 1st play kicks to a target. If he/she hits it, the next player has to hit the same target in the same manner. If he/she misses, they get the letter **H**. All players follow. If they hit the target, they are safe but if they miss, the get a letter; either **H-O-R-S-E**. Players take turns selecting the targets. Whichever player spells out **HORSE**, loses the round. Start a new round with all players starting with no letters. If the 1st player misses the target, a new target is selected by the next player & all players follow the format. *The game doesn't change from the younger age group but targets should be further away & more challenging to get to.*

Scoring: Players try not to earn letters. A letter is earned if a target is hit by the first player but missed by any other player. 1st player to spell **HORSE** loses the round.

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

- To make the game more challenging, select targets further away.
- As soon as a player misses a target, the following player can select a new target and play continues.
- Select smaller targets.
- After any player has 3 letters, all other players have to use their weaker foot until the round is over or all players have 3 letters too.