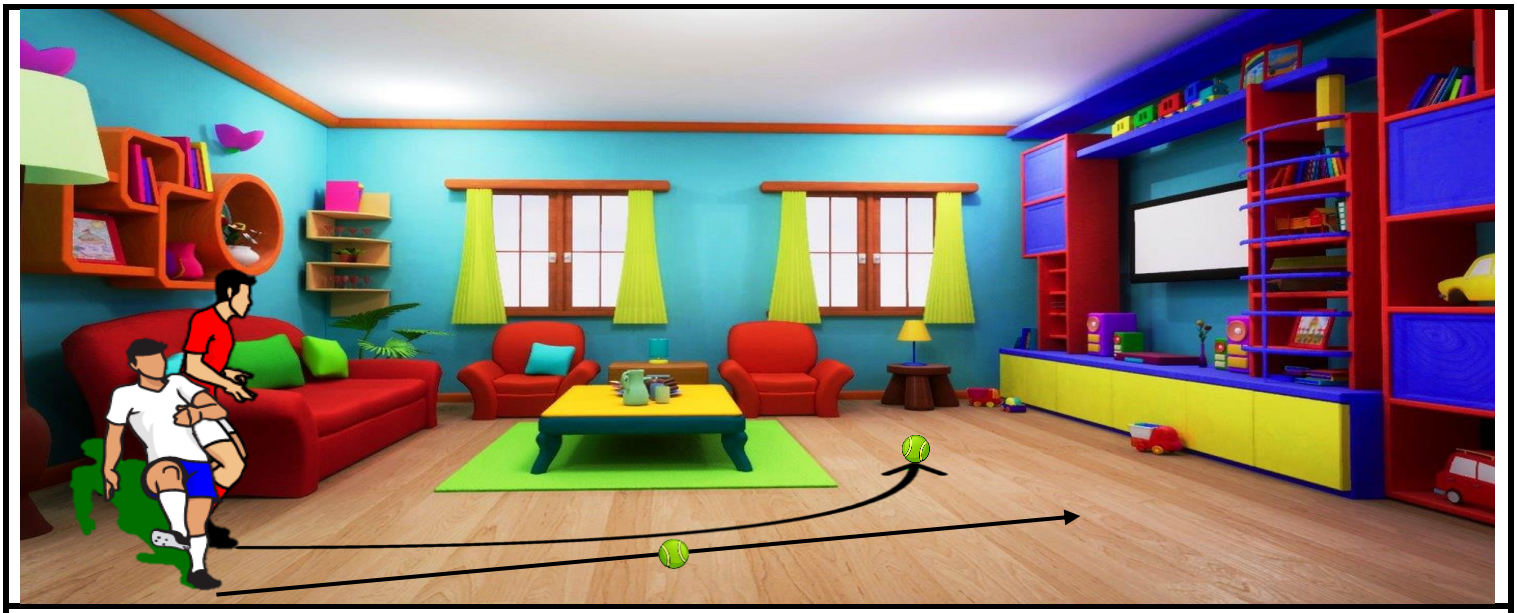
Challenge of the Week

U12

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

Soccer Golf



Number of Players: 1 - 4 – kids, parents, grandparents (whomever is available)

Equipment: Any indoor space and a tennis ball each (or tennis ball size.)

Organization: Each player starts with a ball. For U12 & older players – if more than 1 player is involved, 1 player picks the target, the next player determines the path to the target & any other players select the par. Targets can be par 3, 4 or 5. The higher the par the harder or further the target. An example of a target in the picture above, hit the table with the light on it but you must go to the right of the coffee table before playing to the target table and the par is 4.

Object of the Game: All players begin from a similar area. Pass the ball in the direction of the target or obstacle. Once your ball has stopped rolling, you can hit your 2nd shot. Your goal is to make it to the target in par or less. Keep playing until you hit the target; maximum score on any target is 10. As in golf, each player keeps track of their own score. Try to play to play to 18 targets; 4 x par 3's, 10 x par 4's & 4 x par 5's.

Scoring: If you score 3 on the 1st target and 5 on the 2nd, your score going into the 3rd target is 8. Scoring can also be (+, - or even.) If par is 3 and you get it in 3, you are even going into the next target. If you score 2, you are -1 and if you score 4, you are plus 1. Player's choice on scoring.

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

- To make the game more challenging, select targets further away or with obstacles blocking it.
- Try using equal number of left foot kicks and right foot kicks.
- Select smaller targets.
- Hit specific parts of the target. For example, you must hit the left leg of the table with the light.
- Add penalty strokes for unplayable shots; stuck under a table for example. (determined before the first player kicks their ball)