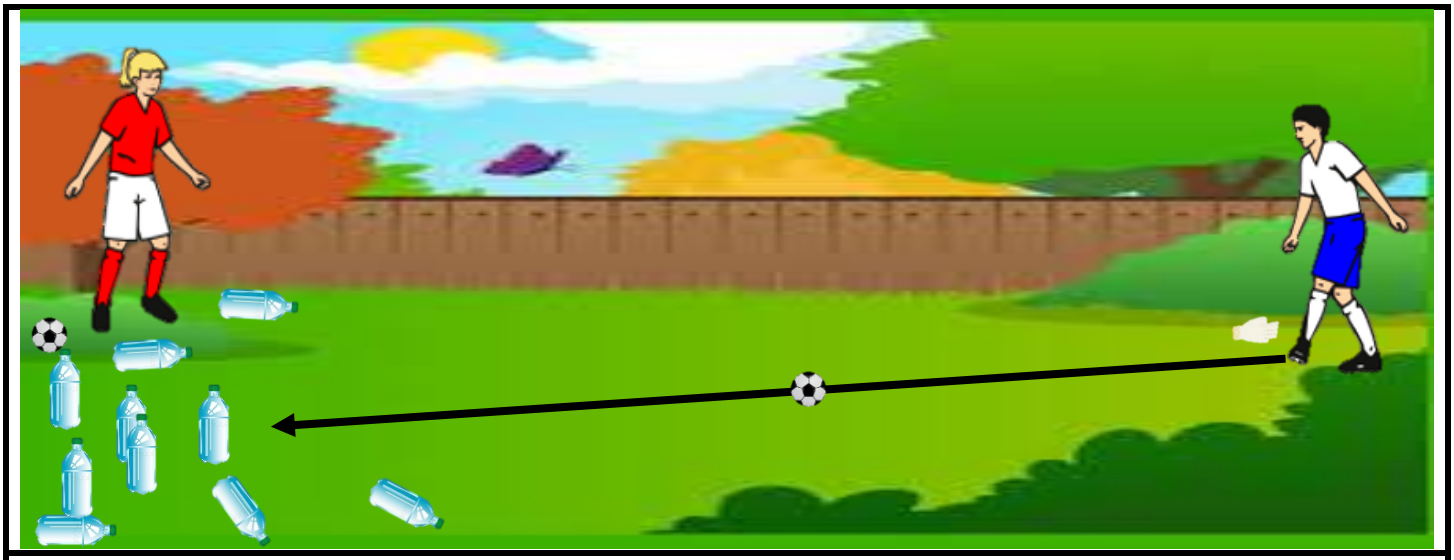
Challenge of the Week

U12

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

Soccer Bowling



Number of Players: 1 or more – kids, parents, grandparents (whomever is available)

Equipment: Any outdoor space, 2 soccer balls & 10 empty 2 liter plastic bottles. If you do not have 10, use as many as you have.

Organization: Set up the bottles in a pyramid; working front to back 1-2-3-4. Each bottle should be about 6-8 inches from any other. If the ground is not level or it is windy, add water to bottles to help them remain standing. Set a mark about 20 yards away from the bottles. Put a marker down so the distance stays the same; in this case, we used on old glove. 1 player starts with both soccer balls. For simple scoring, each bottle is worth 1 point. The player not passing can walk to the other side to help move downed bottles out of the way. If the passer knocks 6-10 bottles down, his/her opponent sets the bottles up for the next round. If the passer gets 1-5 bottles down, he/she must reset the bottles.

- If more than 2 players are involved, make teams. Each player passes 1 ball per round to knock down the bottles.

Object of the Game: Once the bottles are set up & your marker is down, the first player uses both soccer balls. He/she passes 1 at a time and tries to knock down the bottles. Whichever bottles are knocked down with the 1st ball, stay down. The same player now passes the 2nd ball to try to knock down the rest. Total the number of bottles down and this is your score for the round. Set the bottles back up and your partner now gets a turn to do the same. Play to an agreed upon score. For example, the 1st player to knock down 60 bottles wins.

Scoring: 1 point for each bottle you knock down. Maximum points in any round is 10 if you knock down all 10 bottles with your 2 kicks.
Players agree upon a total score to win. For example, the 1st player to knock down 60 bottles wins.

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

- Move the passing line either further away to make it harder or closer to make it easier.
- Try using equal number of left foot kicks and right foot kicks
- Each round, 1 pass right foot & 1 pass left
- Use smaller plastic bottles