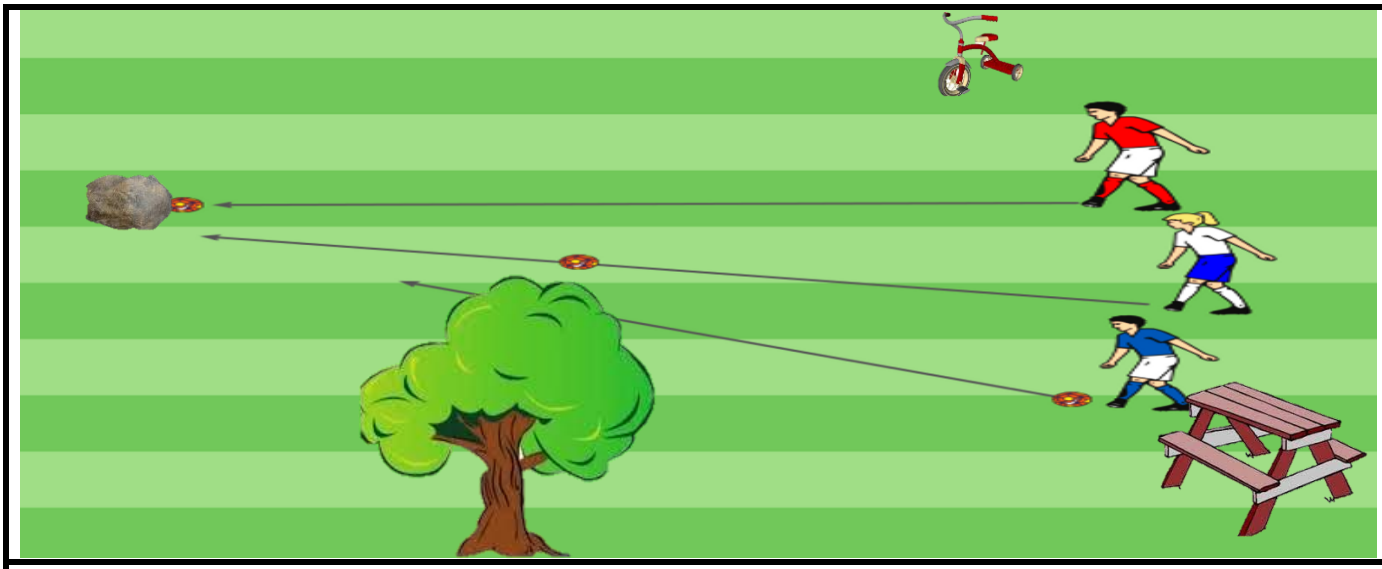
Challenge of the Week

U8

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

Soccer Golf



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

Equipment: Any outdoor space and a soccer ball each. The more "targets" in the yard, the better.

Organization: Each player starts with a ball. For U8 players and for simple scoring, each target is worth 1 point. Select a target in the yard. In the picture above, targets can be a rock, a tree, a bike or even a picnic table. You select the targets based on what objects are in the yard.

Object of the Game: Which ever player picks the target, they also choose how my kicks you get to use to hit it. For example, hit the rock in 2 kicks. If you hit the rock in 1 or 2 kicks, you earn a point. If it takes you 3 or more, no point for that target. After all participants have gone and finished, the next player picks a new target. You cannot kick your ball a second time until it has stopped rolling from the first kick.

Scoring: 1 point each time you hit a target in the agreed upon number of kicks.
Players agree upon a total score to win. For example, the first player to 20 points wins.

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

- To make the game more challenging, select targets further away.
- 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 back part of the rock.