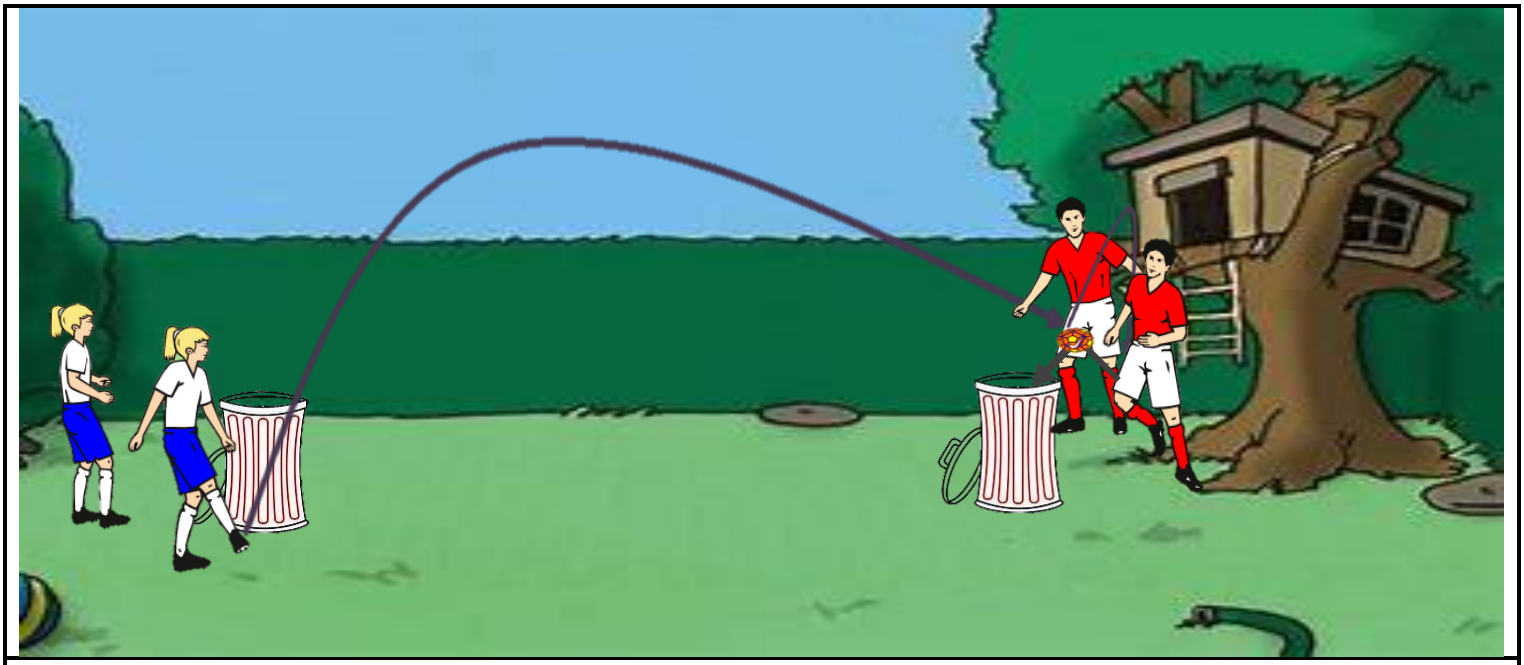
Challenge of the Week

U12

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

Soccer Ball Tip to Bin



Number of Players: 2 or 4 (ideally, play 1v1 or 2v2) - kids, parents, grandparents (whomever is available)

Equipment: Up to 20 yards open space, 2 open garbage cans (suggest using a liner inside each can for sanitary purposes) & 1 soccer ball.

Organization: Set the garbage cans in an open area with enough space for about 10 yards between the cans and some playing area around them to adjust to the soccer ball. 1 or 2 players at each can. Play 1v1 or 2v2. You can play 2v1 if you chose by rotating the single player each game.

Object of the Game: 1 team serves the ball to the opposing team. The opposing team tries to play the ball out of the air and into the garbage can. Each player gets 1 touch then their teammate must touch it. Each team can play the ball back and forth as many times as they have to while trying to score. The ball can travel directly into the can by 1 player or can be played to your teammate who plays it into the can. As long as the ball does not hit the ground, the team can continue to try to score by getting the ball into the can. If the soccer ball hits the ground, the team does not score. Place the ball on the ground and serve the ball to the other team and they try to score.

Scoring: 1 point each time you play the ball into the can
First team to 10 points wins the round (number can be adjusted if all players agree. For example play to 20 instead of 10.) After 1 team gets to 10, start another game & rotate players is needed.

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

- Use bounces between juggling touches
- Allow more touches per player
- Limit the team to only 3 total touches to score