



SOCCER X'S & O'S



CHALLENGE

Engaging in tricky things helps us to grow, learn and, connect with others.

Activity overview

A soccer skills twist on a traditional noughts and crosses game

Equipment required

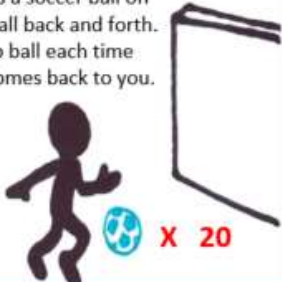








Soccer ball

Time required

30 minutes

Get moving and work on your soccer skills in this fun challenge. The aim is to get three in a row either horizontally, vertically or diagonally.

Play this on your own or with a partner.

<p>PASS AND TRAP Pass a soccer ball off a wall back and forth. trap ball each time it comes back to you.</p>  <p>X 20</p>	<p>SKILLS RELAY Run around the ball. Jump over ball front to back. Jump over ball side to side.</p>  <p>1 minute</p>	<p>THROW INS 2 handed overhand throw-in at a target.</p>  <p>X 10</p>
<p>JUGGLE Keep the soccer ball up in the air. Use your feet, chest, and head. Let it bounce in between volleys to make it easier.</p>  <p>X 10</p>	<p>FREE CHOICE</p>  <p>CHALLENGE</p>	<p>QUICK FEET Touch the top of the ball using the bottom of your feet. Alternate your feet quickly. Stay on your toes.</p>  <p>X 20</p>
<p>ACCURACY Kick soccer ball. Try to hit the target.</p>  <p>X 10</p>	<p>QUICK TAPS Use the inside of your feet to pass the soccer ball back and forth. Stay light on your feet, and keep the ball under control.</p>  <p>X 20</p>	<p>KNOCK 'EM DOWN Set up 3 cans or markers in a triangle shape. Kick the soccer ball. Try to knock the cans down.</p>  <p>X 10</p>

Sources: <https://www.primecoachingsport.com/>; <https://www.primecoachingsport.com/>

This information is not for sale. It is for educational purposes only.

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