







## Activity Plan for Soccer Skills

Week 1			
Activity	How many or how long	How many days	Instructions
Trapping a soccer ball with your foot  	10 mins	3 days/wk	<p>You can use your foot to trap a ball that is rolling on the ground or a ball that is bouncing toward you.</p> <p><b>To trap a ball that is rolling on the ground:</b></p> <ul style="list-style-type: none"> <li>• Lift your foot several inches off the ground.</li> <li>• Point your toes up and stop the ball with the bottom of your foot.</li> </ul> <p><b>To trap a bouncing ball:</b></p> <ul style="list-style-type: none"> <li>• Judge where the ball will hit the ground closest to you and move to that spot.</li> <li>• Turn your foot sideways and lift your foot slightly off the ground.</li> <li>• Touch the ball with your instep just as the ball hits the ground.</li> <li>• Let the backspin on the ball roll the ball toward you.</li> </ul> <p>Remember, judging where and how the ball will bounce takes time to learn. Be patient. A good trap means you gained control of the ball. It doesn't have to look pretty. You can also practice trapping the ball by kicking it against a wall.</p>
Partial curl-up soccer throws  	5 times/day	3 days/wk	<p>Lie on your back on the floor with a partner standing up at your feet. <b>Do a soccer throw in as you lift your chest up to your legs.</b> Hold your body up until your partner passes the ball back to you. Now you are doing the full exercise shown in the picture below.</p>


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Week 2			
Activity	How many or how long	How many days	Instructions
Partial curl-up soccer throws 	5 times/day	3 days/wk	Try this exercise again this week! Lie on your back on the floor with a partner standing up at your feet. Do a soccer throw in as you lift your body up to your knees. Hold your body up until your partner passes the ball back to you. Now you are doing the full exercise shown in the pictures below.
Soccer Pass with the Inside of the Foot 	5 mins	3 days/wk	Practice passing a soccer ball with the inside of each foot. If you have a partner, practice passing the ball to your partner. Otherwise, you can practice passing the ball to a wall so it bounces back to you. When you pass the ball, try to kick the ball only with the inside of your foot (that's the side of your shoe that touches the other foot when you stand with your feet together). See how many accurate passes you can make so that your partner (or you) doesn't have to move to get the ball. The first day, try to always pass the ball with the inside of your right foot. The second day, try to do all of the passes with the inside of your left foot. The third day, see if you can change feet with each pass (right, left, right, left, etc.).

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Week 3			
Activity	How many or how long	How many days	Instructions
Soccer Goalie Catching Skills 	5 times each/day	3 days/wk	<p>Soccer goalies have many different hand positions for catching the soccer ball so that it does not go in the net:</p> <p>(1) When the soccer ball is coming towards the net and it is higher than your head, catch the ball by putting your hands above your head, with your fingers touching to form a “W” shape (see the picture). Note: If your hands are too small to keep your thumbs together and grasp the ball, open up the thumbs so that your fingers and the palm of your hand can control the ball. <i>If the hands are too small to keep</i></p> <p>(2) When the soccer ball is coming towards you at chest level, bring your hands together so that your little “pinky” fingers are touching, and your forearms are pointing up and inward. The fingers can bend to form a “basket” as you grasp the ball.</p> <p><b>You can practice these catches by having someone throw a ball towards you or by throwing a ball and catching it yourself.</b> If you want to learn even more about goalkeeping skills, check out this website:  <a href="https://soccerpracticebooks.com/soccer-goalkeeping-basics/">https://soccerpracticebooks.com/soccer-goalkeeping-basics/</a></p>
Partial curl-up soccer throws	5 times/day	3 days/wk	<p>Lie on your back on the floor with a partner standing up at your feet. <b>Do a soccer throw in as you lift your body up to your knees. Hold your body up until your partner passes the ball back to you.</b></p> 

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<p>Soccer Pass with the Outside of the Foot</p> 	5 mins	3 days/wk	<p><b>Practice passing a soccer ball with the outside of each foot.</b> If you have a partner, practice passing the ball to your partner. Otherwise, you can practice passing the ball to a wall so it bounces back to you. When you pass the ball, try to kick the ball only with the outside of your foot (that's the side of your shoe that is far away from the other foot when you stand with your feet together). <b>See how many accurate passes you can make so that your partner (or you) doesn't have to move to get the ball.</b> The first day, try to always pass the ball with the outside of your right foot. The second day, try to do all of the passes with the outside of your left foot. The third day, see if you can change feet with each pass (right, left, right, etc.)</p>
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Week 4			
Activity	How many or how long	How many days	Instructions
<p>Soccer Kick with the Laces of Your Boot</p> 	5 mins	3 days/wk	<p><b>Practice kicking a soccer ball using the laces of your soccer boot (your cleats or running shoes).</b> If you have a partner, practice kicking the ball to your partner. Otherwise, you can practice kicking the ball at a target on a wall so that the ball bounces back to you. When you kick the ball, try to kick the ball only with the top of your shoe. Try to hit the ball with the top of your shoe instead of the end of your shoe because kicking with the end can hurt your toes. <b>The best kick uses the part of your shoe at the bottom of your laces.</b> If you kick with the top of the laces (where they are tied in a bow), the knot can make the ball go the wrong way, so always try to use the area of the laces that is closest to your toes (without the bow). <b>See how many accurate kicks you can make so that your partner (or you) doesn't have to move to get the ball.</b> The first day, try to always kick the ball with your right foot. The second day, try to do all of the kicks with your left foot. The third day, see if you can change feet with each kick (right, left, right, left, etc.).</p>

## Activity Plan for Soccer Skills

Week 4 (cont'd)			
Activity	How many or how long	How many days	Instructions
Play Soccer 	30 mins	Total for the week	<p>In previous weeks, you have learned basic soccer skills. Now that you know these skills, try playing a game of soccer with friends or family during the week. Try to go for a total of 30 minutes (either all at once or by adding up the time from different days). When you are playing soccer, see if you can keep moving for at least 5 minutes all at once. When you can do 5 minutes in a row, gradually try to do an extra 1 or 2 minutes each day until you are doing at least 15 minutes in a row.</p>