





## Activity Plan for Soccer Kicking & Passing

Week 1			
Activity	How many or how long	How many days	Instructions
Soccer Pass with the Inside of the Foot  	5 mins	3 days/wk	<p><b>Practice passing a soccer ball with the inside 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.</p> <p>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). <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></p> <p>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.).</p>

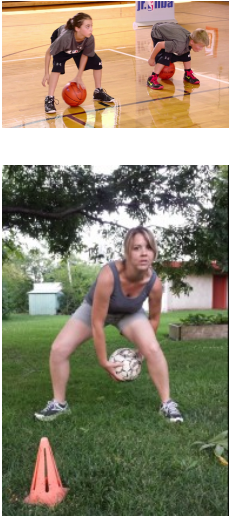
Week 2			
Activity	How many or how long	How many days	Instructions
Soccer Pass with the Outside of the Foot  	5 mins	3 days/wk	<p><b>Practice passing a soccer ball with the outside of each foot.</b> If you have a partner, practice passing the ball to your partner. Otherwise, you can practice passing 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).</p> <p><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 3			
Activity	How many or how long	How many days	Instructions
Soccer Kick with the Laces of Your Boot 	5 mins	3 days/wk	<p>Practice kicking a soccer ball using the laces of your soccer boot (your cleats or running shoes). 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. The best kick uses the part of your shoe at the bottom of your laces. 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). See how many accurate kicks you can make so that your partner (or you) doesn't have to move to get the ball. 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>

Week 4			
Activity	How many or how long	How many days	Instructions
Soccer Passes on the Run 	5 mins	3 days/wk	<p>Practice passing the soccer ball to a partner (or the wall) with the inside and outside of each foot. <b>To make it harder, try to run with the ball for a few steps before you pass it.</b></p> <p>On the first day, practice passing on the run with the inside of your right foot. On the second day, practice passing on the run with the inside of your left foot. On the third day, see if you can pass on the right while using a different foot for each pass.</p>

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<p>Figure 8 between your legs</p> 	<p>5 times for each leg</p>	<p>Most days</p>	<p>Stand with your feet apart so that your feet are farther apart than the width of your shoulders. Use a large ball (like a basketball or soccer ball) and put it on the floor in between your legs. Without moving your feet on the floor, try to roll the ball in a circle around your right leg and then do a circle around your left leg. You can bend your knees and your body as much as you want, but try not to move your feet. If it's too easy, put your feet farther apart. It's also harder if you can also try doing the Figure 8 around your ankles without letting the ball touch the floor.</p>
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