

# St. Paul JCC

## Fun Activities to Try at Home

### By Coach Hanna

#### **Create-Your-Own Ball:**

- Combine art and soccer by making a paper ball -- with newspaper or any available scrap paper. The first piece needs to be crumpled up and squeezed tightly to begin the core. Wrap more sheets around the core and surround the orb with a cross of athletic or masking tape.
- Add more sheets of paper, then wrap the tape around it until you can't see any more paper. If you're looking to get real creative (and use up some more time), kids can use colored markers to decorate the ball. These create-your-own balls can then be used to juggle or play around the house as they have a limited spring.
- Other alternatives, if you don't have a soccer ball at home, are to use a grapefruit or ball of rags tied together

#### **Kick Wall:**

- If you have access to tools and building materials, build a wall at home as a family for the kids to get more touches on the ball. Otherwise, you may have a cement wall in your basement or the outside of your home that will serve the same purpose.

Below is a link to building plans and soccer uses once you have built your kick wall!

<https://www.kickwalls.com/plans>

#### **USES:**

- differing touches with feet -- two touch each foot, one-touch each foot, alternating feet touches, outside touches on each foot; receive the ball off of the wall, dribble away from the wall, do a turn move (outside foot cut/pullback/croif), repeat; juggle off the wall
- use the wall as an acceptable surface for the ball to hit and allow the ball to bounce on the ground if needed; perform a throw-in toward the wall and knock it down/trap it when it returns.

#### **Fun Breakfast Idea: Soccer Ball Pancakes**

- <https://www.krusteaz.com/baking-ideas-advice/baking-how-tos/soccer-ball-creative-pancakes>
- <https://www.repeatcrafterme.com/2014/07/soccer-ball-breakfast.html>

