

St. Paul JCC

Soccer Games to Try at Home

By Coach Hanna

Let's put your soccer skills to the test in these fun games, Soccer Golf and Soccer Tennis!

Soccer Golf

This game can be played with as little or as many people as needed. Place towels around your yard (or another flat object) which are targets in the game. Each player passes their own ball, trying to land it on the towel in the least amount of "strokes" possible. Players count their strokes and whoever has the least at the end of the game wins. You can also simply choose objects around the yard to pass/kick your ball into such as a tree, front step, etc). To make the game more complicated, place "bunkers" (objects, such as a chair) in the yard to block the targets.

FOCUS on accurate passing throughout the game and practice proper passing technique (Strike the ball on the side of the foot and the center of the ball; Plant foot is next to the ball and pointed toward target; Swing the leg like a pendulum, always following through)

Soccer Tennis

Just like in tennis, you can play this game with either singles or doubles. The game follows general tennis rules. "Serve" (kick) the ball over a net - the other team must volley it back within one bounce and two touches (or vary the rules if needed). A point is scored by the server when the opposing team fails to return the ball legally. You can use any low net for this game or get creative by tying a rope between two chairs or propping sticks/logs between rocks.

