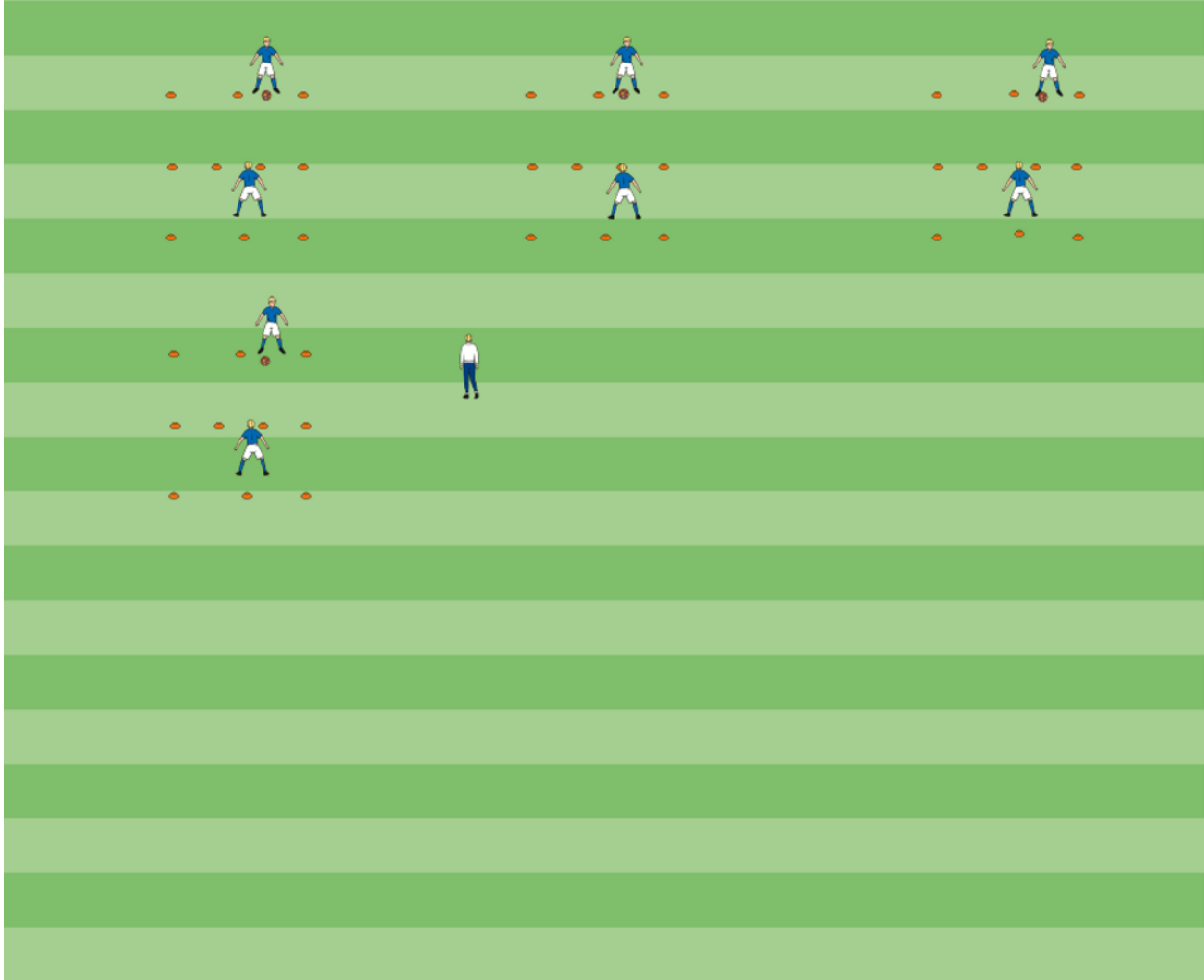


Soccer Tennis



Organization:

Create a 10x10 field by placing cones to create a square then halving by creating a "net" with a line of cones.

How to Play:

Player 1 serves ball over the "net" to Player 2 who works to put the ball back over. Allow only one bounce per side before the ball must go back over. No hands to serve and players may only use their feet or thighs. Play to a pre-determined score

Why:

Improve touch on the ball, foot work and body positioning when receiving

Variations:

Can make more difficult by adding restrictions (ex. Must use both feet before playing ball back over the net)

Coaching Points:

Let the players play