



SOCCER COACH
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Backyard Activities

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Purpose: Often, you will find that you are alone or with one or two of your friends in the backyard or at the playground. The following activities are challenging soccer activities that will, not only keep you and your friends busy, but will help you improve your skills and your decision making.

Cone Dribbling: Throw some cones (or soda cans, etc.) around the yard haphazardly. Dribble your ball around the yard touching it to one of the cones. When you touch a cone with your ball, quickly pull the ball away from the cone with the bottom (sole) of your foot and dribble off to another cone. Continue this activity for 30 seconds. Try it at different speeds. Build your speed up gradually, but always try to perform the skill at top speed...this is referred to as *technical speed*.

Throw some cones around the yard haphazardly. Dribble your ball around the yard in between the cones, but don't allow your ball to touch a cone. Continue this activity for 30 seconds. Try it at different speeds. Build your speed up gradually, but always try to perform the skill at top speed...this is referred to as *technical speed*.

