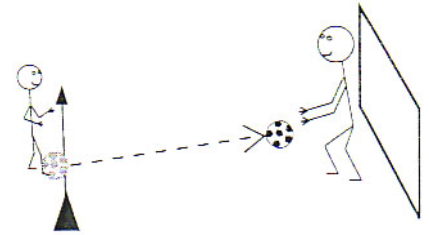


## Skill Development Exercises - Week 5

**Station #1- Kicking****Shooting on Goal**

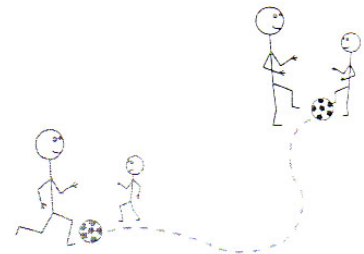
*Equipment Needed: Teslon Soccer Balls, Cones and Kwik Goal Soccer Balls*

Mark a starting line and make a “goal” with cones (or use a real goal). The child will kick a stationary *Teslon Soccer Ball* toward the “goal” using the shoelaces to contact the ball. The child takes two to three steps toward the ball and kicks the bottom half of the ball with the tow pointing down. The child will direct the ball toward the ‘goal”, where the parent will play goalkeeper. As the child improves, the shooting distance should be moved back and the *Kwik Goal Soccer Ball* should be used. The child should complete 8 of 10 attempts.

**Keep Away**

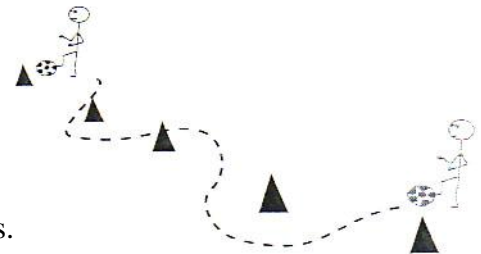
*Equipment Needed: Kwik Goal Soccer Ball*

Have the parents run while dribbling the *Kwik Goal Soccer Ball*. Encourage the children to try and kick the ball away from their parents.

**Station #2- Dribbling****Dribbling Through an Obstacle Course**

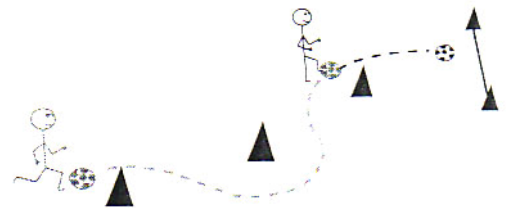
*Equipment Needed: Kwik Goal Soccer Balls and Cones*

Set up cones in a line. The child will start dribbling the *Kwik Goal Soccer Ball* in and out of cones until reaching the end of the line. The child should get faster as he/she goes through the course more often. The child should complete 8 out of 10 attempts.

**Dribbling Through an Obstacle Course and Kicking to a Target**

*Equipment Needed: Teslon Soccer Balls, Cones and Kwik Goal Soccer Balls*

Set up cones in a line, and then mark an area as a “goal”. The child will dribble though the obstacle course. When the child reaches the finish line, he/she will cross the finish line and kick the ball toward the target. The target is ten feet away, and ten feet wide. As the child improves, have him/her kick the ball for longer distances. The *Teslon Soccer Ball* should be used for the first few attempts, and as the child improves, the *Kwik Goal Soccer Ball* should be used. The child should complete 8 out of 10 attempts.



*Week 5 Continues...*