

Activity	Soccer skills
Materials	Playground ball or soccer ball, and open space
Skills Targeted	Balance, coordination, strength
Instructions:	<ul style="list-style-type: none"> • Stand 5-10 feet apart • Practice kicking the ball back and forth. • Practice stopping the ball with one foot. and then kick it back (practice each foot) • Practice walking and kicking the ball forward(dribbling). • Set up markers for goals (cones, pillows). and practice kicking the ball in between the markers or kicking them over.
Modifications	<ul style="list-style-type: none"> • Can practice skills in sitting by working on catching/throwing/rolling the ball. • Hold your child's hand if needed for balance. • Try playing a game for more of a challenge, with the first one to 10 goals wins.