

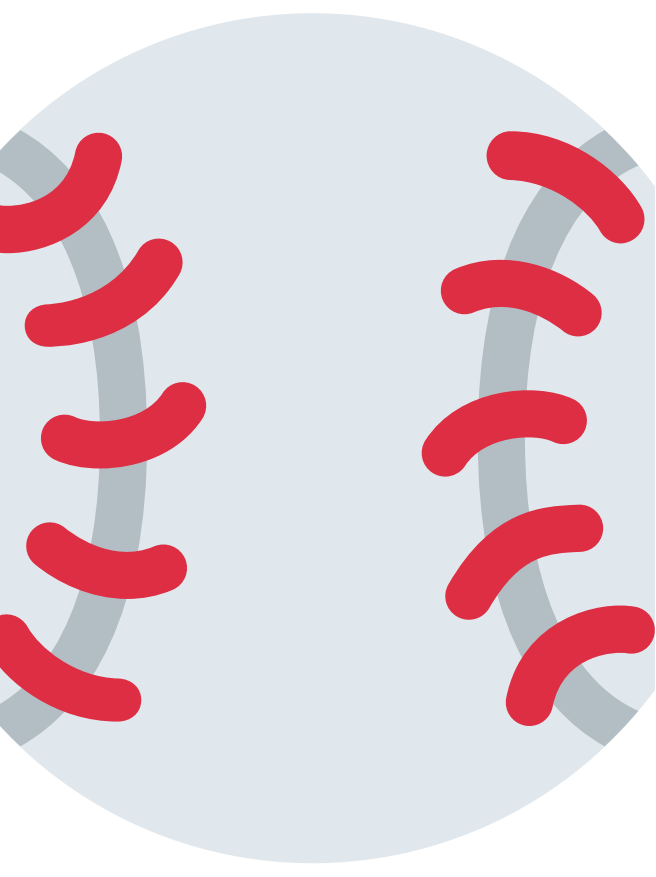


Soccer With True North (Ages 8-14)

Activity: Juggling

Equipment: A soccer ball or a large round ball

Description: Have your child practice juggling a soccer ball (also known as keep ups). See how many times they are to keep the ball in the air by using either: their feet, knees, head, shoulder or chest. No hands allowed! Below we have suggested steps based on your child's skill level:



Beginner: Have your child start by kicking the ball then catching it. Once they get the hang of this, have them see how many keep ups they can do. If they start to lose control of the ball, have them catch it and reset.


Intermediate: Now you should be able to do 20+ keep ups quite comfortably. To become a great juggler we want to make sure we are using both feet. Work on alternating feet and see how many keep ups you are able to do. You can also work on only using your non dominate foot and see how many keep ups you can do with that foot.

Advanced: Now you should be comfortable doing keep ups with both feet and are able to control the ball quite comfortably when performing keep ups. Time to start using other body parts like your head, knees and shoulders. See how many keep ups you can do with each individual body part. From there, see if you can do keep ups following in order: right foot, left foot, left knee, right knee, right shoulder, left shoulder, head and head.

For a more in depth instructional video on how to juggle with a soccer ball click [here!](#)

Activity: Water Bottle Flip (Shooting)

Equipment: A soccer ball or a ball of similar size and a water bottle.



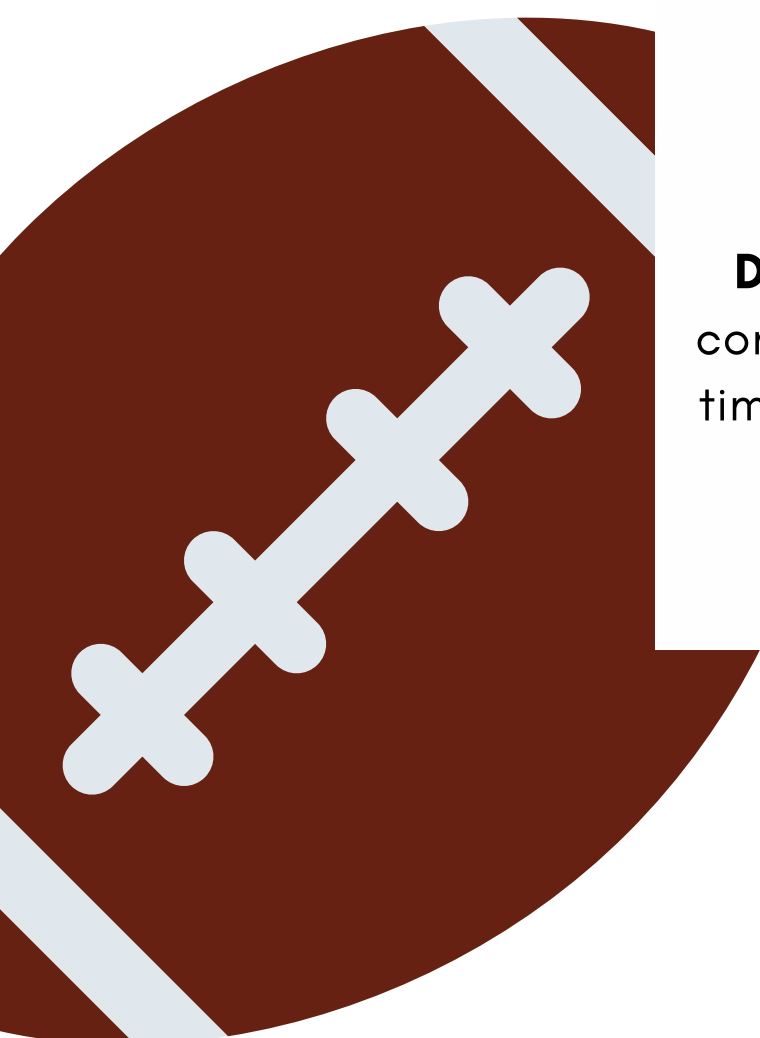
Description: Place a half-filled water bottle on top of a soccer ball, setup as if you are taking a free kick. Kick the ball while also trying have the water bottle land right side up. For added difficulty setup a net or target that the ball must hit or go through while also flipping the water bottle.

To see Lionel Messi do it click [here!](#)

If that looks too much like a Pepsi commercial and you are skeptical click [here!](#)

Activity: Target Practice (Shooting)

Equipment: A net, fence or wall and a soccer ball or ball of a similar size



Description: Create different targets on a net (ideally a target should be placed at each corner). Have your child aim and shoot for the targets. You can assign points for each target, time your child to see how fast they can hit all targets or get them to call each target before shooting.

To see if you are able to go Top Bins with the best of them click [here!](#)

