

# Soccer Croquet

## Equipment:

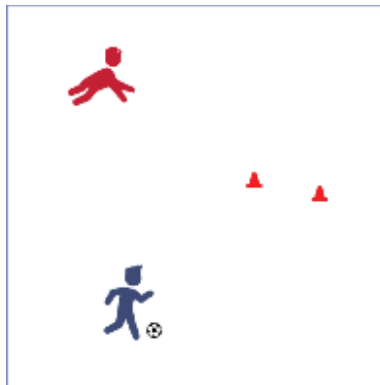
- 1 soccer ball
- 2 cones or markers

## Set-Up:

1. **Determine a starting point. Place the soccer ball there.**
2. **Place 2 cones (spaced 2–3 feet apart) approximately 10–20 paces away from the starting point.**
3. **1 player assumes a crab position anywhere in the activity area, but not near the cones.**

## Activity Procedures:

- Soft Touches Keep Control
- Use All of Your Foot
- Head Up on the Dribble



1. It's time to play Soccer Croquet! The object of the game is to see how many hits it takes you to pass the soccer ball through the wickets.
2. Player 1 will begin at the starting point. Count how many passes it takes you to pass the ball through the 2 cones (the first wicket).
3. Then, keep counting and see how many more passes it takes you to pass the ball under the player making a crab pose (the second wicket).
4. Switch roles (someone else becomes the wicket) and play again. The player with the lowest score wins that round!

## Tips:

- Use the inside of your foot to pass the ball. This will improve your accuracy. Vary the distance in between the wickets to increase or decrease the difficulty.
- Change your crab pose to another position that supports muscular endurance (plank, squat, etc.).

