**Soccer Tennis**

**Preparation:**
- For soccer tennis, the grid size can vary. Typically set up opposing 5 by 7 yard grids, but adjust based on your teams foot skills, and adjust if you do 1 v 1 or 2 v 2
- Line the middle with small disc cones - Set up teams in a King Court format, with each winning team moving up towards Kings Court (if you have enough room available you can play several games at once, building towards a final battle. To ensure no one gets bored have winners play winners and losers play losers. So if you have 16 kids on your team you’ll end up with 1st through 8th place. Get a parent to help you keep track of who is moving to which bracket, good for that parent that always stays to watch! *Bev*)

**Execution:**
- Ball must cross middle line *above* the waist (or at the ground or headers, determine your players practice needs, *Bev*)
- Players *must* make a minimum of one pass to partner before crossing ball to the other side
- Each team is allowed to let the ball bounce a maximum of once prior to playing to the other team
- Serves can vary, but typically must be behind end line and as a half-volley
- Points can be awarded every time, or only for serving team (how long to you want to play?? *Bev*)
- Example: Player A serves to team B, receiving team allows one bounce, juggles the ball and makes 1 pass, then plays ball back over middle line to A, lets it bounce, passes and plays back over, and proceed until a point is scored.

**Quality:**
- Players should always be on their toes ready for the incoming pass
- Players should be well balanced when playing the ball
- The juggling works on their touch and control with the ball (where are your kids at ability-wise and what skill do you need to focus on? *Bev*)
- Remember, encourage successes!

**Progression:**
- Reduce to 0 bounces allowed on each side
- Limit to feet only are allowed
- Adjust grid size smaller

**Total time estimated:**
- 10-20 minutes (total of all matches, keep number of points to win low, watch out for run on games, *Bev*)

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**Warm Up Drill -** *A quick, simple line touches drill.*

**Preparation:**
- Set up your team in 2 lines to get their line touches on the ball (4-5 per line max)
- 1 ball only needed

**Execution:**
- Players use 2 touch to pass to line facing them, then quickly jog to the end of the line to which they passed the ball (settle ball then pass, *Bev*)

**Quality:**
- Players should all be on their toes ready for the pass
- Passes should be crisp and accurate
- Players should be calling for the pass, and to whom they are passing to.
- 1st touch should get the ball out of their feet and 2nd should be the crisp pass
- Remember, encourage successes!

**Progression:**
- Have players use 1 touch only
- Have 1 line pick the ball up, and throw underhand and player volleys the ball back to other line. After each throw/volley players still run to opposite line
- Have players use their thigh to bring ball to ground and pass back along the ground
- Have players use their chest to bring the ball down and pass back to other line
- Place a cone 5 yards on either side of the central point between the 2 lines. To run to the line opposite players must run outside of the cone to their right.

**Total time estimated:**
- 5-7 minutes

Good luck!

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