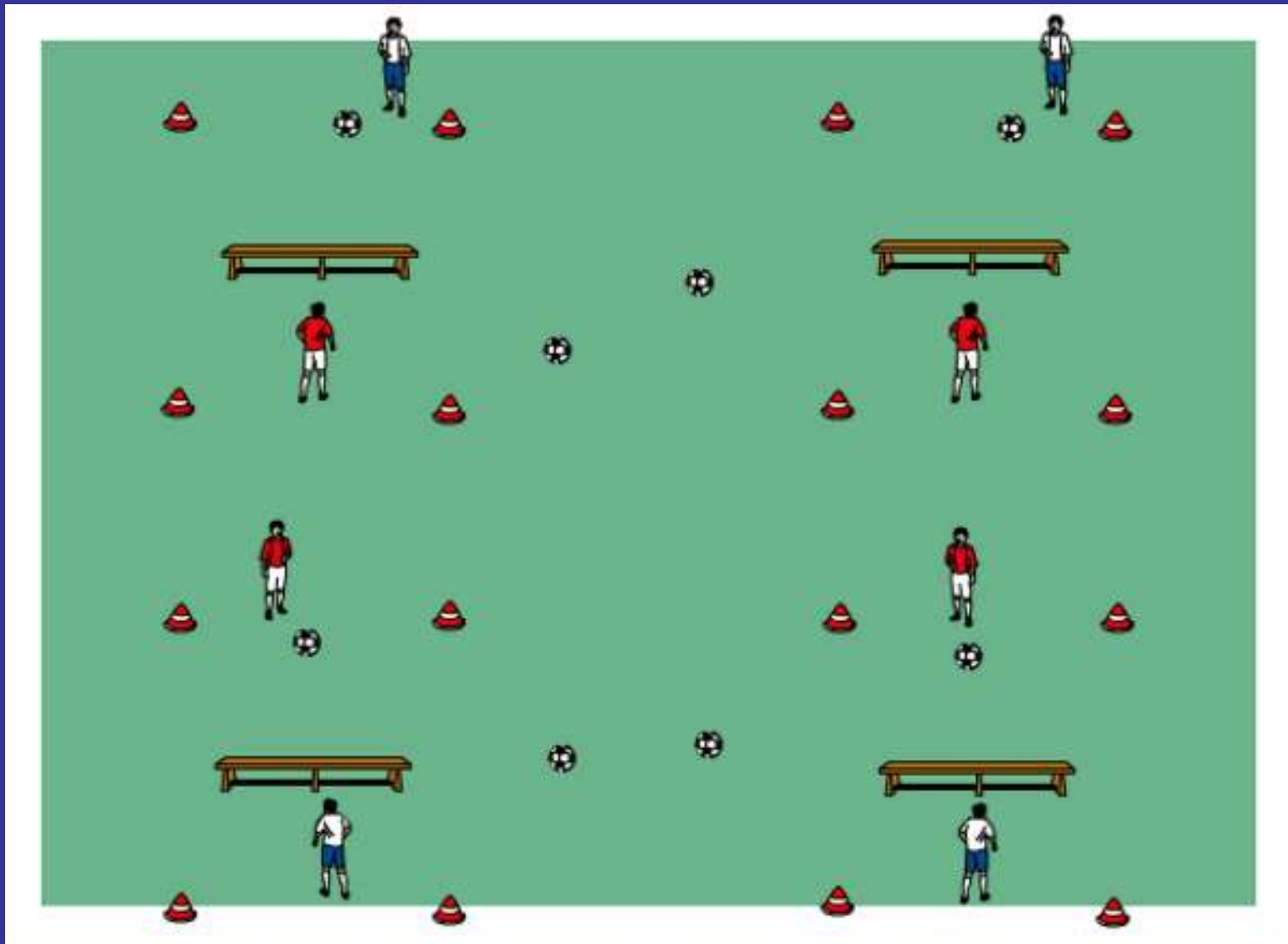


1v1 Soccer Tennis

Purposes: Ball Control / Kicking Techniques

Organization: Field 8 v 8 yds * Volley serve from behind end line * Serve must bounce * Center line can be a bench or a line or a net * Number of bounces is flexible * Number of touches is flexible * Ball returns over knee or waist or head height * Games to 21 points or 5-10 minutes * Rotate inside players for team competition.



Tom Turner, April 2009