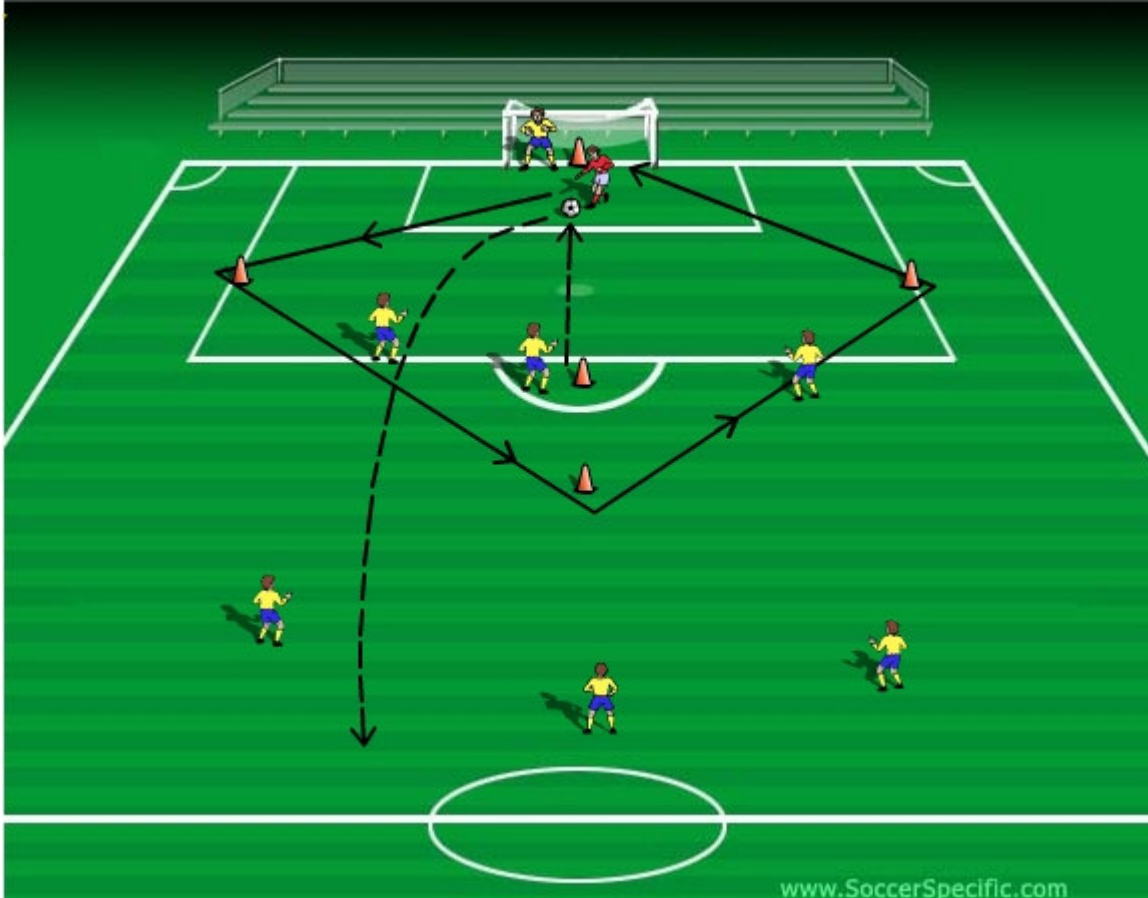


Soccer Baseball

Emphasis: Passing, receiving, fun



Set-up:

Home plate is positioned in front of the goal in the goalmouth. First, second, and third base are placed 90 feet from home plate. The pitching mound is 60 feet away from home plate. The foul lines are clearly marked with cones or flags. Divide your team into two teams and have fun.

Objective:

The pitcher must pass the ball with the inside of the foot to home plate. The batter must strike the ball first time and start running the bases. The defending team has five touches total to pass the ball back into the goal behind home plate, before the batter has run all the bases. There are no base hits, only home runs. If the ball is either kicked foul or returned to goal before the runner has reached home plate, it is considered an “out”. After three outs, change batting teams. The game continues for three innings.

Progression:

1. If the defending team can control the ball in the air and juggle it four times, it is an “out”.
2. Everyone must use their weakest foot.

Coaching Points:

- Keep the game fun.
- Make it competitive.