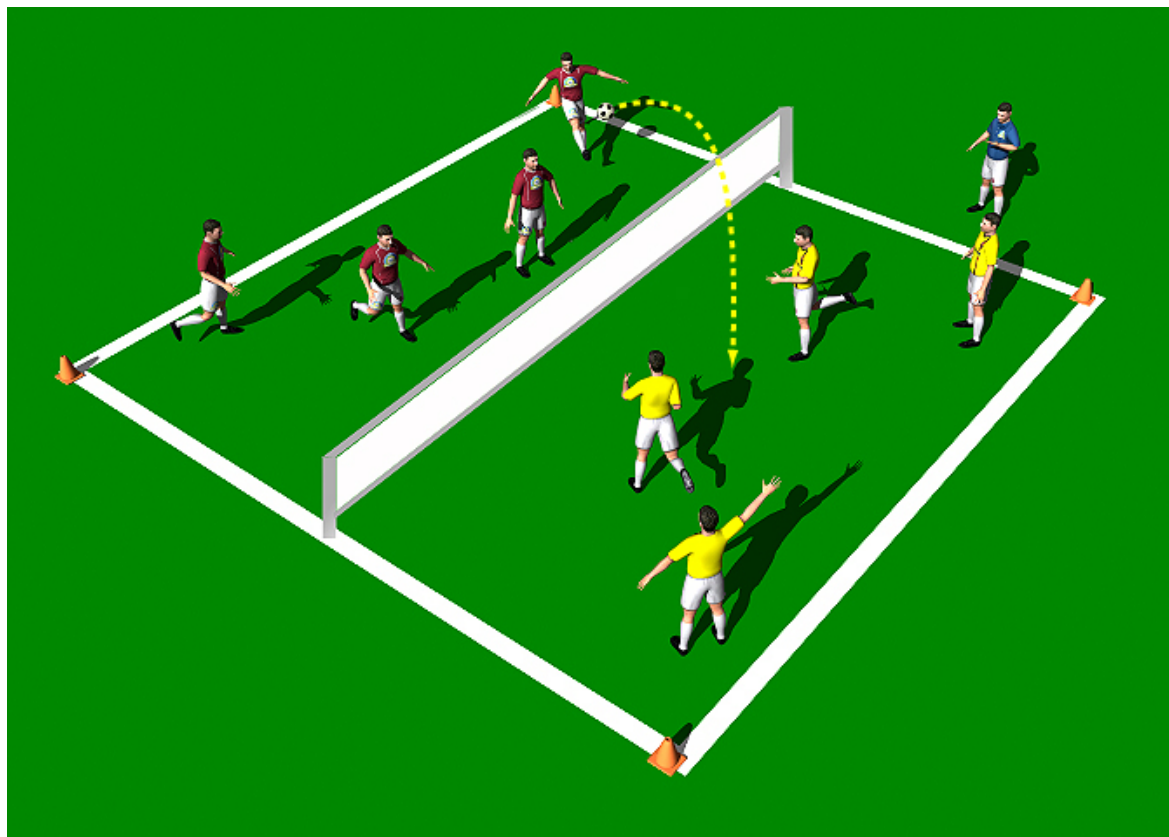


Soccer Tennis Tournament



Exercise Objectives:

This is a fun exercise designed to improve the player's aerial ball control and communicational skills.

Field Preparation

- Divide team into two groups
- Area 10 x 20 yards
- Supply of Balls
- Volley Ball or Tennis Net

Coaching Pointers:

Split the group into two teams one on each side of the net. Team must have serve to win a point. Players can use their head, chest, thighs and feet to control the ball. The ball is only allowed to bounce "once" in the area. Can use unlimited touches. First team to 11 points wins. Always rotate servers.