

HOMEWOOD AT HOME ACTIVITY



Week Six

Sharpshooter

LEVEL 1

Begin this challenge by setting up 2-4 objects that will serve as your targets. Spread them out in the area you have at varying distances. Start by trying to pass the ball and hitting your targets at a short distance.

LEVEL 2

Now that you've practiced hitting your targets at a short distance, move a little further away and try to hit them while passing with both feet. See how many you can get out of 10 tries.

LEVEL 3

Once you've hit your targets 10/10 times, it's time to go move even further away. Move as far away as you think you can still hit the targets. Test yourself by using different ways to strike the ball.

LEVEL 4

If you felt that Level 3 was easy, now add an obstacle in between you and a few of the targets. Attempt to hit them by either going over or curving around the obstacle you've placed!

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