

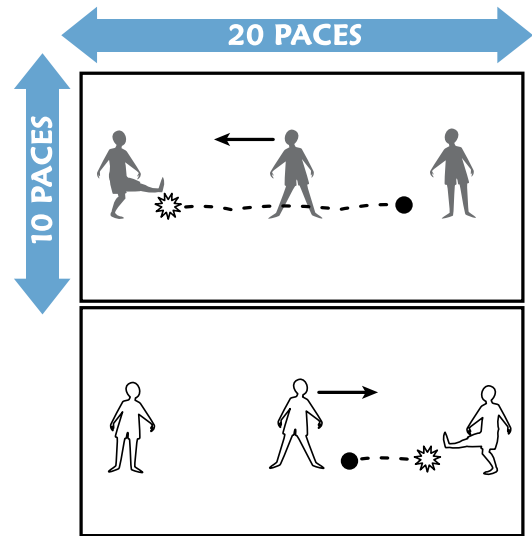


Ready

- 1 7" foamball per 3 students

Set

- Create grids of 10X20 paces.
- Form groups of 3 students; 1 group per grid.
- Place 2 students 10 paces from each other and the 3rd in the middle with their legs in a straddle position.



GO!

1. This recess activity is called *Shoot and Score*.
2. The object of the game is to practice kicking accurately between the legs of the middle player (the Goal.)
3. The 2 outside players kick the ball softly and slowly through the legs of the Goal, who turns and faces the side with the ball.
4. Goals, stand with your legs straddled wide and your hands up so you can protect yourself if the ball comes higher than your legs.
5. Outside players ask the Goal if they are ready before kicking the ball.
6. We will change Goals every minute or so on my signal.
7. **Wrap It Up**
 - What part of your foot did you kick with to score goals?

★ Get the Point

(Rather than cooperative play, this one adds a little competition.) Outside players score a point for every goal that is scored, and Goals score a point for each miss. Keep track of your own score!

★ Goofy Foot

Play *Shoot and Score* using your not-so-favorite foot (the 1 that doesn't feel as comfortable to use).

★ Keep Away

Instead of scoring a goal, the Offense (outside players) works on passing and trapping, and keeping the ball away from the Defense (middle person). Offense moves around dribbling and passing, and Defense tries to take the ball away. We'll change Defense every minute or so on my signal.



HOME

If you liked playing *Shoot and Score*, take it home! Where could you play? Who might you ask to play with you? What ball would you use?



TONY'S TIPS

- To make it easier to score, move shooters in a few paces. To add challenge, move them move back a few paces.
- Make sure shooters wait for the Goal to be ready and that they don't kick the ball too hard.

NOTES

