

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Foosball

Game Description:

Bringing the game of foosball to life with just hoola hoops, a soccer ball and a couple nets.

Objective:

To score more goals than the other team.

Game Rules:

Split the kids up into two teams. Decide on who is going to be the goalie and the rest require a hoola hoop to stand in on the field. Set-up placement like a foosball table with each line alternating from team to team starting with the goalie's team in front of them. Place the hoola hoops down on the field in 2-3 lines/team (depending on the number of kids) and ask the children to keep the hoola hoop in that spot for the entire game. The children are to stay in that hoola hoop and are only able to kick the ball from there. However, the goalies are the only ones not in a hoola hoop as they are allowed to move freely in their crease. The goalie is the only one that is allowed to use their hands, all the other children can only kick the ball. Standard soccer rules take place, if hands are used, the ball gets switched over to the other team automatically. If the ball goes out of play, the team that didn't kick it out gets to have possession.

Adaptations (optional):

Instead of having 2 nets, have 4. Have more than just 1 ball.

AGE:

4 to 6 years
7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Field / Park

HOW MANY LEADERS ARE NEEDED:

2 Leaders

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Balance
Coordination
Kick
Track