

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Extreme Goalie

Game Description:

An awesome throwing game focusing on tracking, but also incorporates striking!

Objective:

Try to throw more dodge balls in the other teams net than they throw in yours!

Game Rules:

First set up two soccer nets about 10 feet apart. Mark the middle line between them with cones and lay down dodge balls along this line. Split children into two teams, each team lining up along the goal line of one net. The objective of the game is to try and throw more dodge balls into your opponents net than they can get into yours. When game play starts players should try to pick up some dodge balls in the middle and throw them into the other teams net. Players can also stand along their own nets goal line and try make saves, or block dodge balls from going in the net. If a ball is blocked, or does not go in the net, it may be picked up by a player and thrown again. The game continues until all the dodge balls are inside the nets. The team that has less dodge balls in their net is the winner! Two important rules must be explained. First, players are only allowed on their half, they are not allowed to cross the line of cones. The second rule, which is the most important and easiest to break is that once a ball has gone into the soccer net, it CANNOT be retrieved and thrown again.

AGE:

4 to 6 years
7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders

HOW BIG OF A GROUP IS NEEDED:

Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Catch
Coordination
Jump
Rhythm
Strike
Throw
Track