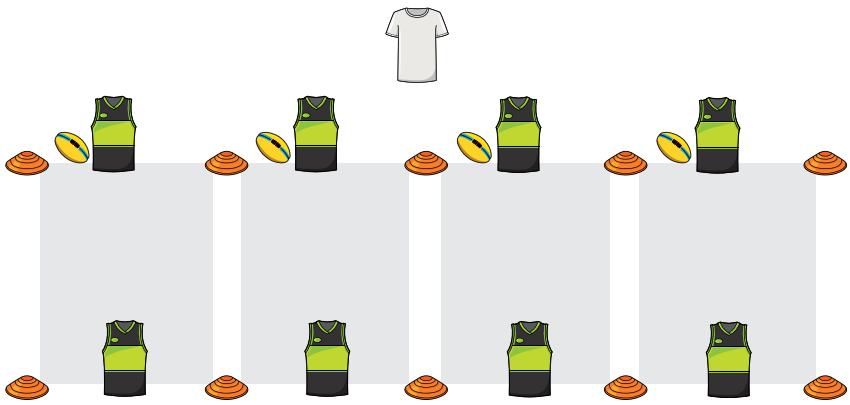
GOAL PATROL

LEVEL 3 4

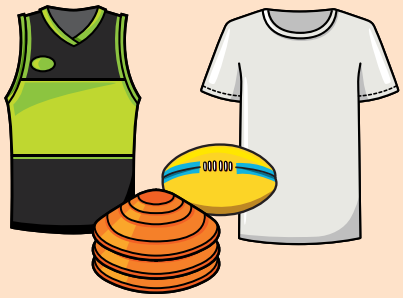
ACTIVATOR ACTIVITY



ADDITIONAL ACTIVITY

EQUIPMENT

- 1 football between two Superkickers
- Stack of cones
- 1 helper per group



HOW TO PLAY

1. The aim of the game is to get the ball past the player at the other end to score a goal.
2. On "Go!" the player who has the ball roll or kicks along the ground.
3. The receiving player will aim to gather the ball cleanly and roll or kick it back along the ground, aiming to score.
4. A goal is awarded if the football goes past their opponent within the coned area. Goals are worth 6 points.

SET UP

- Set up rectangles approximately 3 x 10m in size.
- Players to pair up, with one standing at either end of the playing area.
- Players closest to the Facilitator start with the football.

TEACHING POINTS

Kicking: Aim to kick dribble kicks – hands down the side of the ball, laces to target, swing/kick, point toes, follow through.

Ground balls: Body behind the ball, get low, use two hands to scoop/grab the football, eyes up ready to release.

CHANGE IT UP

- Play first to 5 or 10 goals.
- Change up kicking styles/non-dominant foot.
- Start closer together with handballs, then move further away for kicking.