



Shoot & Score



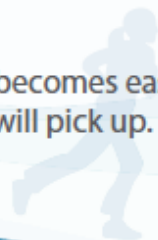
be fit for life
moving alberta

Equipment

- Balls (various sizes – able to be kicked)

Activity Description

- Participants get into groups of 3.
- Start by having the participants warm up their kicking skills by kicking the ball around in a circle.
- Once everyone has warmed up, have 2 participants stand facing each other approximately 3 to 5 metres apart. The other participant stands in the middle with their legs wide as the “net”. 1 of the 2 participants tries to kick the ball through the “net”. If successful, he or she moves into “net” position and the ball is kicked by the other participant.
- This continues and as the kicking becomes easier the pace of the running to and from position will pick up.



Setup



Skills Explored

Balance, running, kicking

Tips...

- Plant foot
- Step behind the ball
- Balance
- Swing through the ball

Safety

- Ensure adequate space
- Use soft balls to avoid hurting the person in the middle

Remember...

Warming up before doing an activity is very important. It prepares your body for what the upcoming activity will demand; provides blood to the working muscles; and helps to prevent injury.

Variations...

- Distance separating the participants
- Depending on skill level, goalie can move to help score

