



GAMES CARD

10

Fun Kicking Games

Balloon Kicks (♣/♠) – on your own or in pairs keep the balloon in the air using only your feet

Rebound Goal (♣/•) – take turns kicking a ball against a wall to strike or go through a goal on the rebound. Change angles, distances, number of targets (couple of shoes on the ground make good goals)

Kick Golf (♣/♠) – Nominate a series of objects around the yard. How many kicks to make the ball strike each object in correct sequence?

Bull's Eye (♣/•) – Mark a circle on the ground with a hoop or rope. Kick the ball attempting to bring it to rest in the circle. Ten attempts then swap. Award points. Increase distance. Can also be done off a rebound wall.

Spot Kicking (♣/♠) – use markers at different positions in the yard and allocate points to each. Have a single goal. Shooter accumulates the points from each spot if they hit the goal.

Step Back (♣/♠) – Use a couple of shoes to make a narrow goal. Partners start facing each other on each side of the goal. Take one step back each time a successful goal is scored. How far can you go?

KEY: ♣ = can be played by one person, ♠ = needs more than 1 player, ♠ = some equipment needed, • = organisation required, ♠ = can be played inside