

BEAT THE GOALIE



WHAT IT DOES

HELPS TO DEVELOP QUICK REACTIONS, SIDE TO SIDE FOOTWORK, ADJUSTMENT STEPS, CHANGE OF DIRECTION AND OF COURSE, CO-ORDINATION.

WHAT YOU NEED

2 MARKERS (CONES, JUMPERS, BOXES OR PLASTIC BOTTLES WILL DO) AND AS MANY PLAYBALLS (ANY SIZE) AS YOU CAN FIND!



HOW TO PLAY

Place the 2 markers about 2m apart. Child stands between the markers. Parent is about 2m in front of the child with a stash of playballs. Child must sidestep between the 2 markers without getting hit by the balls that parent is throwing, rolling or kicking towards them.

Parent scores a point for every “hit” and child scores a point for every “miss”. Child could score an extra point for every marker touched during the game.

This game is great fun especially if you have lots of playballs and can throw them quickly. It encourages kids to dodge out of the way (think rugby, basketball, football, netball...) and this brings in the adjustment steps, quick reactions and changes of direction which are essential in all ball sports.



TRY THIS

- Change roles so child is able to “aim and fire” to a moving target in a small space.
- Parent continues to throw, kick or roll the balls but child becomes a “goalie” and has to stop the balls from getting past them using a) hands only, b) feet only, c) hands and feet, d) any body part, e) a small bat or racket. A point for every goal scored!
- Change roles!
- Widen the goals.

Tips: Try to encourage kids to keep facing and looking towards you through the whole game as this will ensure side-stepping movement and that they watch where the next ball is coming from.

Easier to play this with a fence or wall a metre or more behind the goal – otherwise you can spend hours picking up any “missed” balls!

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