

Four Goal Soccer



Some of our favorite sports and games help us to improve in all components of fitness. In this activity, kids will work together as a team while developing soccer skills.

Supplies:

- 8 Cones
- 4 Foam Soccer Balls
- Different Colored Bandanas, scarves, etc. to indicate four different teams

How To:

1. Set up the playing area with four sets of goals in a large rectangular formation (there should be a goal in the middle of each side of the rectangle – this works best indoors)
2. Line up the kids in a straight line.
3. Count kids off by 4's.
4. Divide the kids into groups of 4.
5. Designate a color to each group. For example Group 1 = Yellow, Group 2 = Green, Group 3 = Red, and Group 4 = Blue.

- 6.** Each team will pick a goalie. The rest of the team spreads out in the playing field.
- 7.** Each team defends their own goal while also trying to score on another team's goal.
- 8.** Each team has their own ball. They can only score a goal when their ball is kicked into one of the opposing team's goals.
- 9.** Teams may kick another team's ball for the purpose of defense, but they may not use it to score a goal.
- 10.** Play continues until the Staff stops the activity.