

FIND A GOAL

Achieve the challenge

The aim is to pass your ball through every goal in the shortest possible time.



How to play

1. Get into pairs.
2. In your pair, set up two cones of the same colour, one metre apart, making a goal.
3. Start off passing the ball to your partner through your goal. How many goals can you score in one minute?
4. Change to moving and scoring in every goal. How long does that take?

Equipment

Essential

- Cones or markers to make a gate.
- A ball or item to pass between the gate.

Optional

- Different types of balls/items so players can choose what to pass.

Spirit of The Games



Teamwork:

How do you decide with your partner which goal to go to next?



Passion:

What personal challenge are you going to set yourself and are you going to give it your best to achieve it?



Determination:

Are you excited about playing this game?



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Be aware of other players when moving around so you don't hit into them.

Link it up

Using and finding space is important in many games such as ultimate frisbee, hockey, handball and many more.

Think tactics

- Which are the best gates to go through and why? How far away from your partner do you stand?

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Roles for leaders and officials

- Help players set up the playing area.
- Ensure there is a variety of equipment to choose from.
- Time the activity.

Including Everyone

- What could you use instead of coloured gates? Try to have different sized gates for everyone.

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Increase the size of the gates.
- T** Try different types of passes, with your hands or with your feet.
- E** Use a bigger ball.
- P** Work on your own and carry the ball through the gates.

HARDER

- S** Decrease the size of the gates.
- T** Pass the ball with your non-dominant foot or hand.
- E** Use a smaller ball.
- P** Add in defenders trying to stop your pass.

Change it up

- Can you try a different type of pass between every gate?
- Try adding in defenders, who can block passes.
- Shout instructions for all players to go through a coloured gate as quickly as possible.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

SMILES DETECTIVE

It's important to make sure you can answer **YES** to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in.**

