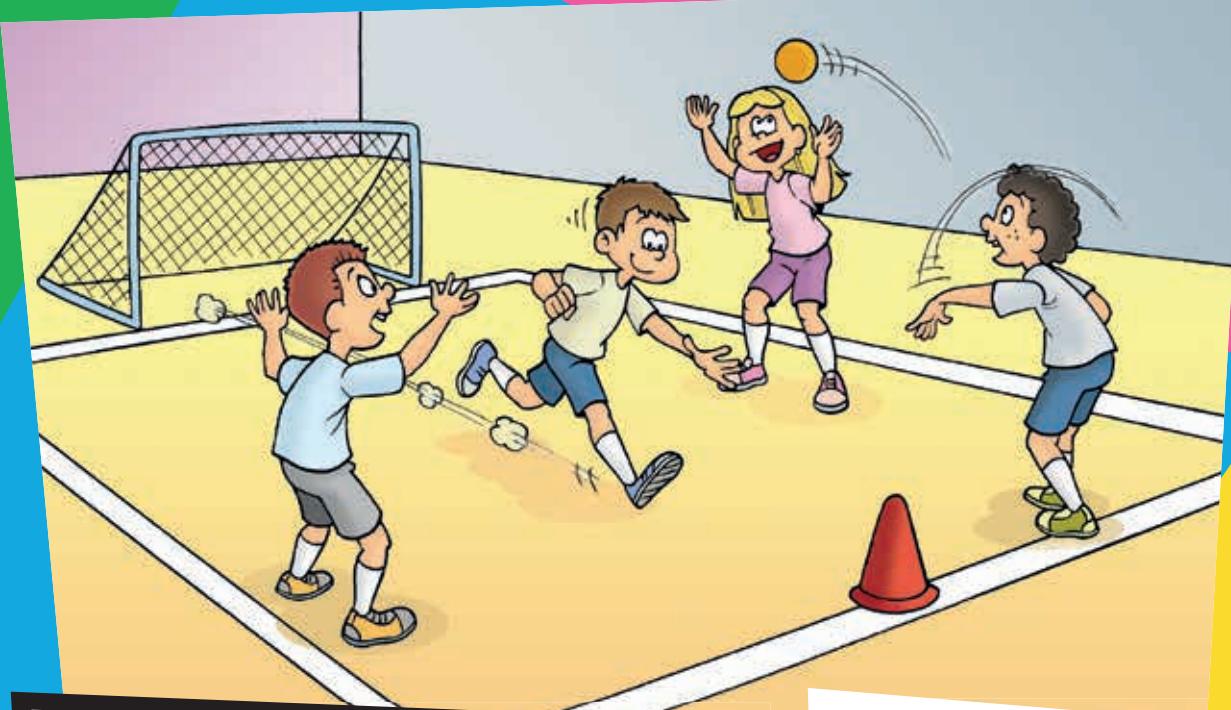


RUNNING GOALIE



Play the video

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



Safety

- Ensure fielders do not get into the way of the runner.
- Runners need to be very observant as sometimes they may have to jump over the ball.

Think tactics

- Where is the best place to aim the ball when in the striking team?

Achieve the challenge

The aim of the game is to strike the ball forwards, run to the opposite end of the court and back again before the fielders score a goal.

How to play

1. Get into two teams, one fielding, one striking.
2. Make a goal and agree on an area as the pitch, with a marker for the striking team to run to.
3. When you are in the striking team, you must strike the ball forwards from the goal, before running to the marker and back again to defend your goal.
4. When you are in the fielding team, spread out to retrieve the ball. After making four passes you can take a shot on goal.
5. Each player on the striking team gets two goes before swapping the teams around.

Equipment

Essential

- Cones/markers to make a goal and marker to run to.
- A ball to strike.

Optional

- Hoops/Targets for striking team to aim for.
- A selection of rackets to strike the ball with.

Spirit of The Games



Teamwork:

As the fielding team, how do you decide who to pass to?



Determination:

How do you travel after striking the ball to make sure you get back in time?



Respect:

When the game is finished, how do you congratulate the other team?

RUNNING GOALIE

Roles for leaders and officials

- Set up the playing area.
- Ensure all equipment is available. Take some spares to change the game if needed.
- If anyone looks unhappy, find out how you can make it better.
- Check runners go right to the end of the court.
- Check no one tries to get into the way of the runner.
- Keep track and ensure everyone gets their turn.

Including Everyone

- If someone finds running hard, you can shorten the distance to the goal or add in a runner.

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

EASIER

- S** Increase the size of the goal.
- T** Reduce the number of passes needed before shooting.
- E** Use a different sized ball.
- P** Add in more fielders.

HARDER

- S** Increase the distance of the run for the striking team.
- T** Create obstacles for the striking team to go around or over when running.
- E** Place some targets in the outfield; bonus points are awarded if the striking team hits them.
- P** Allow two or more players to run and defend the goal.

Change it up

- Change what part of your body you strike the ball with, or use a racket.
- Create targets that the striking team can aim for to get more points.
- 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.



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