

Factfile

Category

Scoring Goals

Competition Type

Integrated, opposed, non-contact

Area Dimensions

5m x 5m - 10m x 5m

Number of Players

4

Time Per Game

5 - 10 minutes

Objective

To score and rebound some goals.

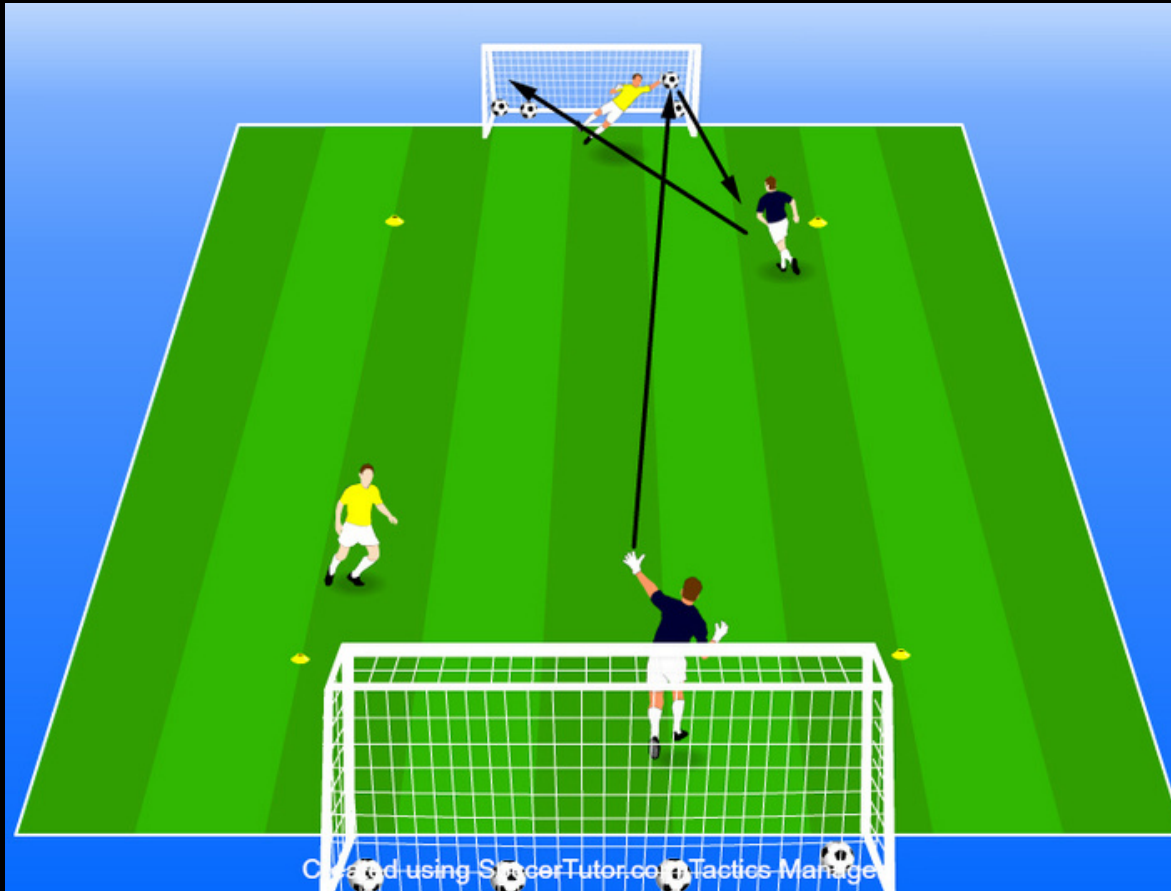
Equipment

- 4 Marker Cones
- 2 Goals/4 Tall Cones
- 7 balls

Safety Tips

- Hold hands out in front with fingers stretched out wide and not forwards (to protect your fingers).
- Consider softer balls for less confident players.

12) Shooting Battle



Tips For Success

- Use a smooth bowling action to generate power and accuracy.
- Stand safely to the side but near the goal to be ready for a rebound.
- Throw quickly after catching to keep the intensity high and to off balance the opponent.

Independent Personalisation

- Throw slower but with accuracy for less confident receivers.
- Adjust the distances that more/less confident players throw from behind.



Rules

- Players play a 2v2 shooting game with one person in each team standing in the goal and the other person standing near the opponent's goal.
- One player in a goal throws towards their opponent's goal. The receiver should try to catch, parry or deflect the ball wide.
- If they parry back into play, the nearby opponent can punch or slap the ball into the goal (1-touch only).
- A pair conceding a goal or missing the target, swap roles.