

Game



Dynamic Balance Soccer

Objective

The goal of this game is to hold a pose while trying to score on the net.

Set-Up

- This game can be played on grass or snow.
- Divide children into small teams of 3 or 4.
- Using sticks or cones create a rectangular play area.
- Designate a goal on each of the four sides of the rectangle (4 goals total).
- All participants begin in a crab-walk position.
- Place a soft, lightweight ball in the center.
- On your signal, teams try to move the ball into any of the 4 goals using only their feet.
- Pause for breaks as needed.
- Play for a set time (2-3 mins), then rotate teams.

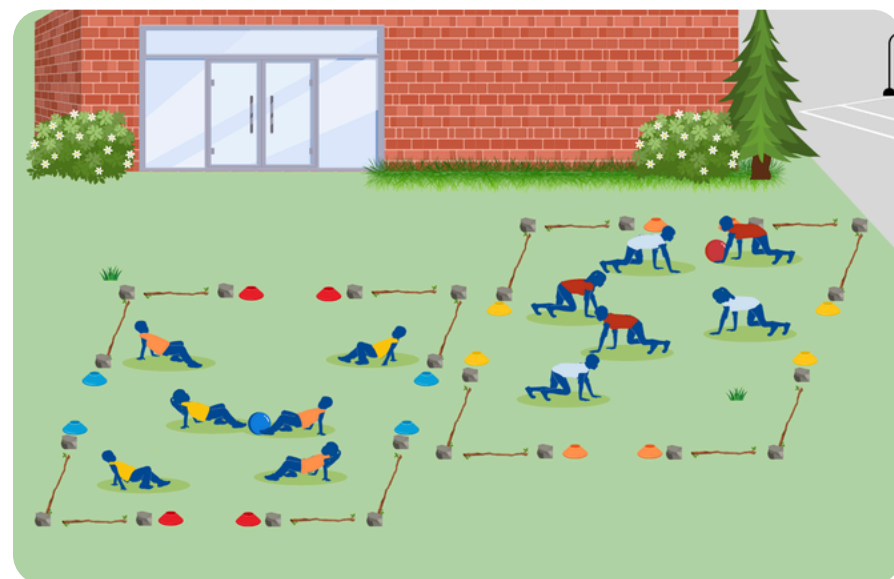
Adaptations and Modifications

- Increase or decrease the playing space.
- Suggest different ways to move (e.g. bear crawl, giraffe walk)
- When bear crawling, children can swat the ball with their hands instead of kicking with their feet.
- Use various sizes of balls (e.g. beach balls).

Safety

- Play on soft, even grass or snow.
- Use a lightweight foam ball to avoid injury.
- Make sure there is sufficient space between participants to prevent collisions.
- Create small teams.

Diagram: Dynamic Balance Soccer



Equipment Cones, soft foam balls

