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LEVEL 3 KICKING- OVER THE RIVER FOOTBALL





EQUIPMENT LIST



This is a fun game to develop kicking skills in groups

Organisation

- Divide the players into two groups; give each player has a set munber of 'lives'
- The players kick pass the ball over a centre zone, a net or guard
- If the ball drops in the centre zone the player who kicked it loses a life
- Use a soft or sponge ball when introducing players to this game

Key Points

• Ensure the players have enough room to move around safely

Equipment

• An inventory of equipment to support Have a Ball exercises is available in the Resources section

Notes