



PUSH BALL SOCCER

Participants

Any number of participants divided into 2 teams

Time Allotment

5+ Minutes

Activity Level

Low

Materials

- Giant cage ball

Method

- Place the ball on the midpoint of the field/large room/gym.
- Divide participants into 2 teams.
- Have the team line up on their goal lines.
- When the game starts the participants will run out to the ball and try to push the ball toward the opposing team's goal line. If the ball crossing the opposing team's goal line you score a point.
- Play to a score of 5 or 10 or whatever you have time for.

Coaching Tip(s)

If your group has a large number of participants you will need to make a rule that says only two people on each team may touch the ball at a time, otherwise you will create a stalemate and the ball will go nowhere.

Regulation Modification Options

Use the option most appropriate for the youth's level of regulation:

- Each time a goal is scored the scoring team will lead the group in a regulation technique. After they have regulated, the teams will line back up to start the next round of play.
- After the game is won the facilitator will lead the entire group in a regulation technique.