



### INSTRUCTIONS:

Choose someone who would like to start as the goalkeeper and place them in the goal.

Line all the other players up behind a cone, choose a distance that is both challenging and rewarding.

Give the person at the front of the line the ball and instruct them to shoot, if they score they go to the back of the line and the goalkeeper goes into the designated "jail zone".

However, if they miss, the goalkeeper goes to the back of the line and the shooter goes in goal and has a chance to save themselves by saving the next shot.

As a jailbreak rule to get players back in, if the goalie catches the ball, everyone that is out is back in the game.

Play the game until you have a winner.

### EQUIPMENT:

- Goal (or cones to make a goal)
- Footballs
- Cones

### WARM UP:

Remember to stretch and warm up before doing any physical exercise.

- Catch me if you can

Split players into teams. Each team line up in a line at one set of cones in the middle of the arena.

Set up a parallel line of cones about 15 yards away either side of each team.

Call out a team name, the team who have been called have to run to their parallel set of cones as quickly as possible.

The other team have to try and catch them before they reach the cones.