



How many goals can you make from 6 meters away?

Equipment Needed:

- Soccer ball
- Goal
- Stationary object to mark where to shoot from
- Score card
- Measuring Tape

Rules:

- Measure out 6 meters (19 ft) from the goal and place a cone (or stationary object) to mark off where to kick the soccer ball from
- Goals should be 4 meters (13 ft) wide by 2 meters (6 ft) high
- Complete 5 attempts
- Each goal scored is worth 1 point. Goals missed are 0 points
- Record your best score

Modifications:

- Use a smaller/larger soccer ball
- If you do not have a soccer ball, you can use another round object that you can kick
- If you do not have a goal, use 2 objects to mark the edges of the goal. This can be a broom, a chair, etc.
- Tape the size of a goal on a fence or wall surface

