

## OPTION A - INDIVIDUAL GAME



### WALLIE

#### AIM OF THE GAME

To score a goal by hitting a ball against the wall and it bouncing back through your own legs.

#### EQUIPMENT

All that is needed is any kind of ball and a safe space indoors or outside next to a wall.

#### HOW TO PLAY

With a ball and in a safe space, stand facing a wall.

The player rolls, kicks or throws the ball against the wall. As it bounces off the wall, let it pass between their legs, before quickly turning around and collecting the ball.

For more than one player, try to hit the ball against the wall so it comes straight back through the other player's legs without them having to move. They need to turn around and try to collect it as quick as possible.

## OPTION C - PARTNER GAME



### CATCH IT QUICK

#### AIM OF THE GAME

Catch the object before it hits the ground.

#### EQUIPMENT

A ball or soft object (rolled up socks). The heavier the object the harder the game.

#### HOW TO PLAY

In pairs, stand facing each other, with one (the holder) holding the object as high as possible out in front or to the side of them. The other (the catcher) waits with hands by their side.

- On the count of 3 (out loud 1, 2, 3) the holder drops the object and the catcher reacts quickly to catch it before it hits the ground.
- Repeat this for 10 attempts before swapping over.

See who can catch the object the most times before it hits the ground.