Great Games
Moving skillfully and thinking strategically

SOCCER - WALLYBALL

Ready
Learn The Skills
• Warm-up by doing some walking type activities then some light stretching.

Practise Your Kicking Skills
• Invite a parent or helper to join you.

Pre-kick
• Take a ‘jump step’ to the ball.
• Your step should land beside the ball.
• Kick using the inside wide part of your foot. Think ‘Big Foot’.

Key Features of the Kick
• For balance, stretch your arms out to the side.
• Move to get behind the ball.
• To direct the ball, make contact using ‘Big Foot’.
• Keep your eyes on the ball.

To stop a ball
• Get behind the ball.
• Use ‘Big Foot’.
• Move your foot back to cushion the ball.

I Can…
○ Hold my arms out to the sides for balance.
○ Get behind the ball.
○ Kick the ball using ‘Big Foot’.
○ Kick using both my left and right foot.
○ Try to kick from different angles.
○ Kick at targets that are different sizes.
○ Use ‘Big Foot’ to stop or trap the ball.

Heart Leaders!
Invite a younger family member or neighbour to join you. Teach them what you know!
Learn the Game

**Objective** - Use kicking skills to outsmart your opponent.

- The first player kicks the ball at the target; the second player must kick it to the target before it stops rolling on the rebound from the target or goes out of bounds.
- Both players try to kick on an angle that makes it difficult for their opponent to return the ball.
- Be sure to use both your left and right foot.

**Tricks of the Trade**

- Keep your opponent moving by changing the angle that you kick the ball at the wall.

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**Go!**

Now play for points. Each time your opponent (a) misses the ball (b) it comes to a stop or (c) it goes out of bounds, give yourself a letter in the word KICK. The first player to spell the whole word wins. Agree before you start how you are going to record the KICK letters.

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**Predict the rebound**

Draw an arrow from the target to show the direction the rebound will travel.

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When you make a mistake, what can you say to yourself to help you think positively? What can you say when someone is feeling bad about a mistake?

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**Heart Leaders!**

Organize a game at school. Modify the game:

- To include more people.
- To make it cooperative.
- To be played in all four seasons.

Send us your ideas! HeartHealthyKids@hsf.on.ca