

## **Mat Soccer** (Ready-to-Use Secondary P.E. Activities Program)

**Objective:** to score points by throwing the ball into a goal

**Equipment:** large area covered with mats, 1 gator skin ball, goal box 4 feet high by 8 feet wide and located on the wall (use wide masking tape), pinnies

**Game Description:** using tape, mark a four-by-eight rectangular-shaped goal on each end wall.

Goalie may not:

- Leave the goalie box with the ball
- Score by throwing the ball at the other goal
- Pass the ball over the half-court line when starting play

Defense:

- Must travel around on knees, crab walk, or bear crawl
- Cannot interfere with players who do not have possession of the ball
- Cannot touch the person with the ball but can play defense-like the basketball
- Will not interfere with or take a ball away from the goalie

Offense

- Must travel around on knees, crab walk, or bear crawl
- Cannot move around once they have control or possess the ball
- No holding the arm straight out (stiff arming) to ward off the defense
- May possess a ball for no longer than five seconds
- A competitor may only score two goals in a row

Student Tasks:

- Be a goalie
- Cause a shut out
- Assist in a score
- Block a shot attempt
- During a series of four or five games for the day, have each member of the team score a goal

Variations:

- Use two goalies
- Use two balls at once
- Put a different point value on each ball
- Use four goals, four teams, and two balls