



# TABLE FOOTBALL

Ages 6+ | Individual | 1+ Players

## AIM OF THE GAME



- ▶ Score by flicking the ball into the goal from various distances and positions.

## EQUIPMENT



- ▶ 3 books stacked to make a goal and a small ball (tennis ball, ping pong ball, rolled up socks or scrunched up tin foil)

## HOW TO PLAY



- ▶ Play on a flat surface which could either be the floor or a table.
- ▶ Using 3 strong books stack them up to make a goal by having 2 books standing upright and the third laid across them for the crossbar. The bigger the goal, the easier the game.
- ▶ In front of the goal, mark out a penalty spot to shoot from by flicking the ball with fingers. See how many goals can be scored from 5 shots.

## GAME VARIATIONS



1. Increase the difficulty by shooting from different positions and distances.
2. Play using both hands, changing each time to use left and right.
3. If playing on your own, add an object into the goal as a keeper. This could be a plastic cup or drinks bottle, a thick pen stuck in a ball of blu-tak.
4. Play in pairs to see who can score the most out of 5 attempts, allow the opposite player to put their arm and hand through the goal to act as a keeper to stop the ball.
5. If in pairs, add in another goal so there is one at both ends and play against each other.