



# CIRCLE FOOTBALL

Ages 3+ | Family Based | 4+ Players

## AIM OF THE GAME



- ▶ Try to score a goal by hitting the ball through another players legs, whilst also stopping them from hitting it through yours.

## EQUIPMENT



- ▶ Can be played with any appropriate ball for the playing space area. The bigger and lighter the ball the easier the game is.

## HOW TO PLAY



- ▶ Stand in a circle with everyone facing inwards. With your legs apart and feet touching the persons' next to you, go into a half-squat position with knees slightly bent and back flat.
- ▶ Players try to score by using their arms and hands to hit the ball through the legs of their playmates. If the ball goes outside of the circle, the game stops and restarts when the ball is returned to the circle.
- ▶ Players may use their hands to block and score goals.

## GAME VARIATIONS



1. Use only one arm whilst keeping the other arm bent behind the back.
2. Alternate arms that you use to hit the ball with, switching quickly from one to another with the arm not hitting the ball placed behind the back.
3. Try playing the game with everyone facing outwards of the circle, or alternating players facing in or out of the circle.
4. If playing with a large group use two balls to play with at the same time.