



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.

GAME VARIATIONS



- 1. Use both your left and right hand or feet to hit the ball.
- 2. Let the ball go through the player's legs whilst facing away from the wall, turning quickly after rolling, kicking or throwing the ball.
- 3. Add a line behind the player where they must stop the ball before it crosses once it has gone through their legs.

