

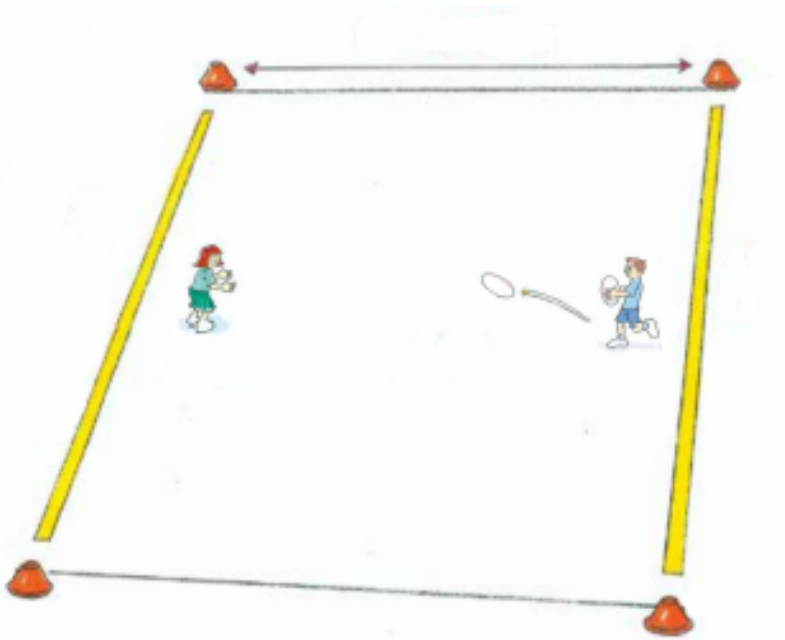
## Force 'em back

Time: 20 minutes

### Activity

#### Partner/group

- The goal is to kick the ball down the field towards the opponents' goal line.
- A point is scored when the ball bounces over the goal line.
- If a player catches a kick on the full, they can advance five paces towards their opponent.
- The first team with 10 points wins.



### Equipment

- A ball you can kick.
- This works best with a football (league, union, AFL, etc.) but you can use a soccer ball.
- A large open space.
- Two or more people (i.e. two teams).

### Activity variations

- Use a smaller area and throw the ball instead of kicking it.
- Use a range of targets instead of a goal line.
- Make the area smaller or larger.

