

## 14. Zone Ball

### Description

Arrange pupils in groups of 7. Create a kicking area and a landing zone for each group. Invite 1 pupil from each group to stand in the landing zone. The remaining pupils are in their kicking area.

Invite the kickers to kick the ball from their hands above head height to land in their zone. The pupil standing in this zone attempts to catch the ball. If the kicker is successful, they switch positions with the pupil in the landing zone.

### Equipment

- A Football,
- Spot markers or cones

### Variations

- Invite the catchers in the zones to catch using 1 hand / arm only.
- Amend the equipment. Use a sponge ball instead of a plastic or leather football.

