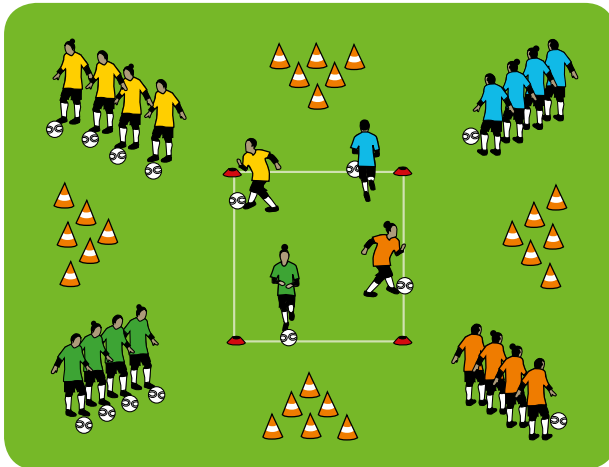


Goal Orientation

Age: 13 years up

FOOTBALL-BOWLING

DRIBBLING & PRECISE SHOOTING



20



20

4 teams
with 5 players each

24



4 markers



0



5–10 minutes

DESCRIPTION

Mark a field sized about 15 m x 15 m

Every team must try to hit/strike 6 cones from a distance from about 6 m. (Shooting or throwing the ball.)

Before shooting the players have to dribble around the field as a whole team. Then every player only has one shot. The number of the not hit cones must be dribbled as penalty rounds (additional rounds).

Winner is the team who has hit all cones first or finished their penalty rounds first.

The order of the cones as well as the running tactics of the penalty rounds will be determined by the team on its own.

There are more cones than try outs. (6 cones but only 5 attempts.) Give the players some time before starting the challenge. They shall find their own strategy.

If you do not have enough balls:

One player after the other starts to dribble around the field. So you only need 4 balls. (One ball per group.)

VARIATIONS

- Shooting the ball. (More difficult)
- Throwing the ball. (Easier)
- Closer distance (Easier)
- Far distance (More difficult)
- Running more/less rounds (Difficult/easier)

COMPETENCE GAIN

The players have to be very concentrated under pressure. (Only one try to hit the cones.)

They have to talk to each other in order to find a good strategy. Also in your job you sometimes have to work under pressure and find a good solution with your colleagues.

QUESTIONS FOR REFLECTION

- What was necessary for you to solve the task? (Concentration, communication)
- What was your strategy?
- Have there been any problems?
- Did someone take the command? Why could this be helpful?