

THE HILL AT HOME

SLAM! (single or group activity)

- Make 10 targets, they can be anything you like, use paper and colored pens to draw them (for example, a scary monster, an animal, famous person etc). Get a well pumped up soccer ball.
- Tape the targets onto a wall and make sure they are reasonably spread out, the wall will need to be suitable i.e. no windows nearby, or somebody else's property.



- Nominate which targets are worth points and which targets lose you points. Have 5 targets that are plus points, and 5 that are negative.



- Plus targets are worth 10, 8, 6, 4, 2 points. Choose which targets will have what points, all numbers have to be used i.e. you can't have 5 separate targets worth 10 points!
- Do the same for the negative targets, -10, -8, -6, -4, -2. Once again all points must be used.
- Mark a line about 10yards away from the wall, and the player stands behind this line with a ball.
- Each player gets 10 kicks, the aim is to kick the ball at the targets and get the highest score possible. If the ball hits blank wall, then 0 points are awarded.
- Once a player has had a kick, he/she takes the ball back to the start line and goes again until all of 10 kicks are used up.

This improves control and passing, plus you can use your weaker foot. You also get the chance to do arts and crafts while making the targets and practice your math skills by adding/subtracting your scores!

