

# Sideline Soccer

## Instruction Sheet

### Guidelines for running a Sideline Soccer session:

#### Equipment

- Soccer Nets
- Swiss Ball
- Cones

#### Instructions

- Split the group in half, have them stand on one side of the soccer field each, indicate which goal belongs to each team.
- The Instructor will call out a category and anyone who that category applies too runs onto the playing field.
- Using a Swiss Ball teams will play soccer, aiming to score a goal.
- Once a goal is scored or after a certain time, everyone returns to their side.
- The Instructor will then call out a different category.
- Keep score.
- Game will last 60-90 minutes.

#### Categories may include

- Blue eyes.
- Have a younger sibling.
- Have been overseas.
- Had cornflakes for breakfast.
- Etc...

