

## **Ann's Creative Corner**

### **Project #737: Indoor Sports Activities!**

- **Line Soccer by Hands Only!**
- Have two lines of participants at both ends of a gym floor with the wall behind the two lines of people.
- Have two people come to the center of the gym.
- Using a **medium sized inflated rubber ball**, the participants will use only **one hand** to move the ball in competition.
- The goal is to move the ball without picking it up to either side of the gym.
- When the team person is in range of the "Line of people against the Wall" they now "Shoot the Ball by pushing or slapping it. A goal is made if it hits the Wall
- The line of participants try to block the soft inflated rubber ball with their legs.
- At no time is the ball to be raised as it must stay in the bottom range of the legs to score a goal!
- **Floor Hockey:**
- Use some basic straight hockey sticks and a "Circular Shape" with space in to center so the "Hockey Sticks" may be able to be placed into the center of the "Puck". This could be an empty roll of masking tape for example.
- The team members try to move the "puck" to the goal net on either side of the gym to score a point.
- Have a net and a goalie to protect the net on either side of the gym as well.
- In this game some facial gear and helmets may be needed to protect the participants from the hockey stick strikes and the puck!

### **Activity: Practice and Play the Games!**

