

Triple Pin Soccer

Summary

This soccer activity provides movement and play from everyone on the teams. Four teams, each with their own goal, compete with each other on the same field.

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Life Skills

Communication

Materials

Eight cones for the goals, twelve wooden pins (plastic bowling pins or the equivalent), four different colored sets of pinnies, two to four soccer balls (use high density foam balls if playing inside.)

Student Prior Knowledge

The skills involved in soccer: dribbling, passing, goal keeping, trapping, spatial awareness, teamwork and cooperation as well as a knowledge of soccer rules.

Intended Learning Outcomes

The students will participate in a non-traditional physical activity that can be played both during and outside of school hours and will promote cardiovascular endurance and personal satisfaction.

Instructional Procedures

Organization

: Set up four goals, one on each side of a large square playing area. Place three pins behind each goal and set the ball in the middle of the playing area. Divide the class into four teams and give each team a different color set of pinnies. Start with one soccer ball; you can add more as the game progresses according to the skill level. If playing indoors, there are no boundary lines (other than danger zones) and they may play it off the walls.

Activity: Play begins with each team lining up in front of their respective goal zone. One player from each team is chosen to start as the goalie and one player is chosen to race for the ball at midpoint on the starting signal. All other players remain stationary until the ball is cleared from mid-circle. This game is played like regular soccer except that there are four goals. If team 1 scores a goal on team 3, the player who scored the goal takes a pin from team 3, places it behind their goal and becomes the new goalie. If a team runs out of pins, then their goal is closed. That team can bring their goalie out and try to score a goal and get a pin back, in which case, the goal is open again. If playing indoors, the goalie rolls the ball in.

Bibliography

Adapted from "Great Activities Newspaper"

Authors

