

Ping Pong Soccer

Summary

This is a fun, fast moving game that requires hand-eye coordination and some striking skills.

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Materials

Paddles for each student (small frisbees or lollypop paddles) for each student, 2 ping pong balls, goals (best to use mats on edge or volleyball poles), and jerseys to distinguish different teams.

Intended Learning Outcomes

Students will demonstrate their ability to transfer basic soccer concepts into a hand-eye coordination striking skill with a paddle and a ping pong ball.

Instructional Procedures

Divide the class into two teams of about 6 to 8 players (depending on space available) and have one team wear the jerseys. Set up two goals, one on each end of the gym floor. Start the game with one ping pong ball and add other balls as the game progresses according to skill level or to increase the activity level. There are no boundary lines, all walls are in play. With large classes, this game can be played as a sideline game with sideline players keeping the ball in play by hitting it with their hands; or, you can set up more playing areas and make more teams.

Play begins with each team lining up on their respective sides of the floor. Divide teams into forwards, halfbacks, fullbacks, and goalies. One forward from each team will face each other in the center of the floor. The instructor will toss the ball with one bounce between the players who then hit the ball towards their opponent's goal. If you are working on spatial awareness or position play, have forwards play on the offensive half of the floor only and fullbacks and goalies play on the defensive side of the floor only.

Students proceed by contacting the ball with their paddles (frisbees) attempting to score in the opponent's goal.

Students may not carry the ball in the frisbee, but they can juggle the ball with their frisbee.

If students intentionally kick the ball or catch the ball with their free hand, the opposing team takes possession with a free hit where the infraction occurred.

Any physical fouls such as pushing, tripping, etc. will give the person who was fouled a free shot at goal. Only the goalie is allowed to defend. The player taking the free shot drops the ball to the ground and hits it towards the goal after one bounce. The shooter is standing about 5 yards from the goal. Ball is immediately back in play if the goal is missed.

After every score, restart the game with a center toss as before.

Variations

Try using a bigger ball such as a tennis sized foam ball or a bigger paddle for adaptive learners. In sideline games, have the sideline players all be goalies protecting their sideline. Balls that get through the line score points for the other team.

Authors

