

Seniors



GET ACTIVE

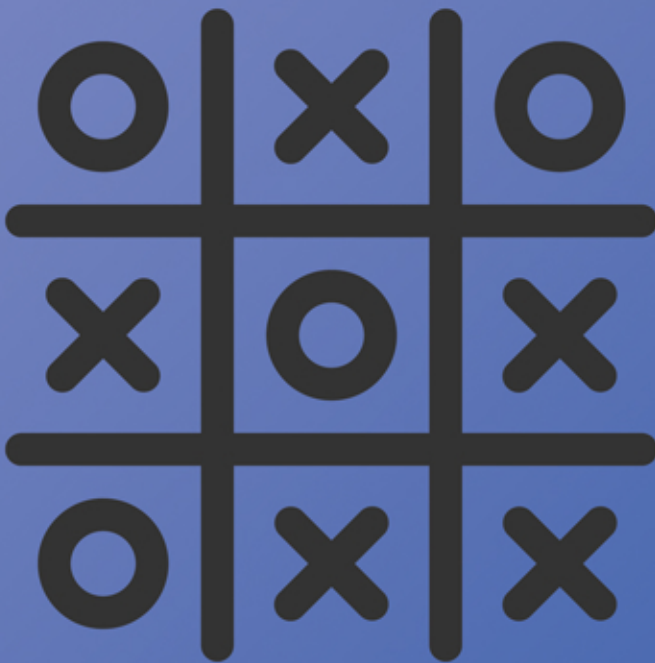


20 MINUTES



PREPARATION
NEEDED

FOOTBALL NOUGHTS AND CROSSES



AIM

Combine a penalty shootout with a classic game of noughts and crosses. Go head-to-head with another Senior to see who can complete the grid first.

WHAT YOU'LL NEED

- > Football Goal
- > Football
- > String/Rope
- > Paper & Pens

GET ACTIVE: FOOTBALL NOUGHTS AND CROSSES

THEME: PLAYING GAMES



LEADER PREPARATION

A leader will need to make sure the equipment is ready for the activity. Ideally the noughts and crosses goal should be created before the activity too.



GETTING INTO THE ACTIVITY

- 1 You'll need to create a noughts and crosses grid using a football goal. This could be achieved by tightly tying string / rope between the goal posts to create a 3x3 grid. Another method might be to use tape to create a large grid on a wall.
- 2 Play the game by going head-to-head against another member of the group.
- 3 Flip a coin to see who goes first.
- 4 Draw a noughts and crosses grid on a piece of paper, this is to help you keep a track of how the game is progressing.
- 5 The first person should take a shot at the goal/grid from a distance away, just like a penalty (but without a goalkeeper). The aim is to get the ball to pass through one of the holes in the grid. The hole the ball passes through is allocated to that player. They should mark a nought or cross (depending on which symbol they are) on the grid drawn on the paper. Once a box on the grid has been claimed, the other player can't steal it.
- 6 Continue taking alternate shots, trying to get the ball to go through different holes in the grid to complete the game of noughts and crosses.
- 7 If a player misses the grid or shoots the ball through a hole already claimed, play just carries on, but that player is unable to claim a nought or cross for that round.
- 8 The first person to get three of their symbols in a row (horizontal, vertical or diagonally) wins.
- 9 Continue playing head-to-head games or alternatively create a knock-out tournament. This could be played individually or in teams (with team members taking alternate shots).



IDEAS TO TAKE THIS FURTHER...

This noughts and crosses concept could be used for almost any other sport. Throwing frisbees, hitting tennis balls, passing rugby balls, hitting golf balls and so on.



KEEPING EVERYONE SAFE

Please ensure the space you are using is appropriate. Make sure no-one is stood behind the goal before shooting, so they aren't hit accidentally.