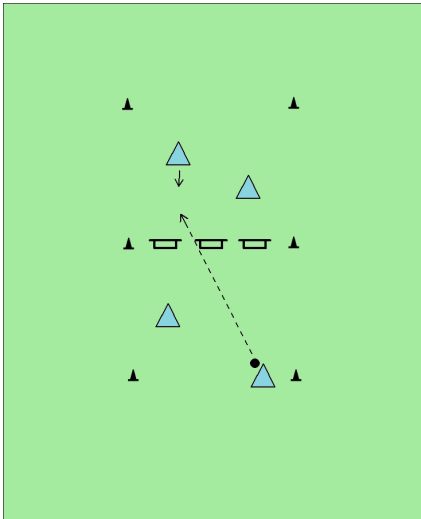




Over the bar

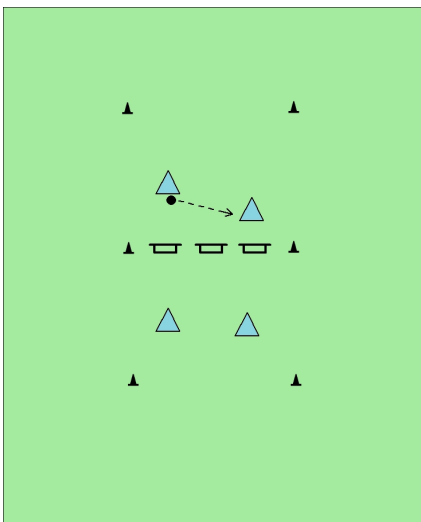


How it works

Goalkeeper pairs stand either side of a 'net' in a square coned area. For the net you can use two or three small portable goals, as in this diagram, or the game can be played over a normal set of goalposts.

The game is started with a serve (throw) from the back of the coned area.

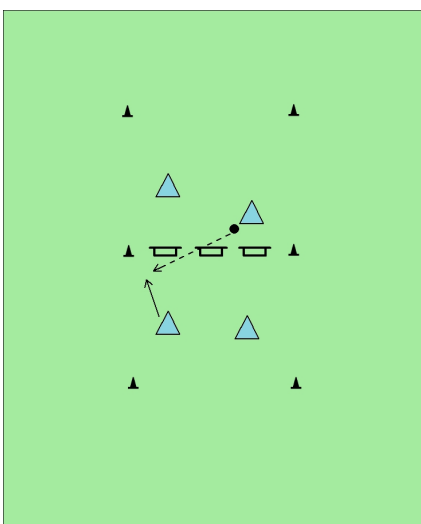
Players must try to catch the ball before it hits the ground. They can then throw the ball over the goals (net) or pass the ball to their partner.



Players can only make two passes before the ball must be thrown over the net.

They must try and throw the ball over the net so that it hits the ground within the coned area in order to score point. They can also score a point if a player on the other side of the net fumbles a catch and the ball then hits the ground.

If the ball lands outside the coned area without being touched then the point goes to the other team.



Each point is started with a serve from the back of the coned area by the team who won that particular point.

Keep score to get a winning team from each game - first to eleven or the team in the lead after a 5/10 minute time limit. Have a play-off with the winning and losing teams playing against each other or play a round-robin tournament if you have enough pairs.

Possible changes

Alter the size or shape of the coned areas on either side of the net.

Allow the goalkeepers to punch the ball over the net.