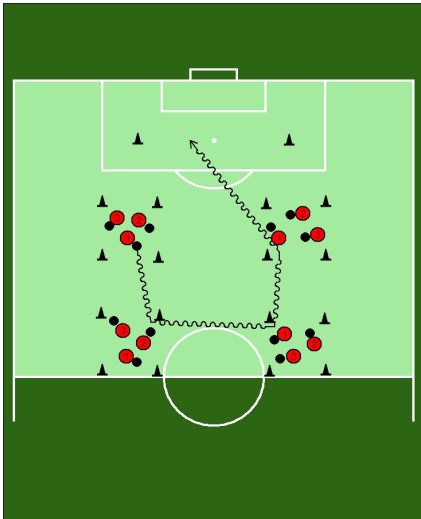




Asteroid blast



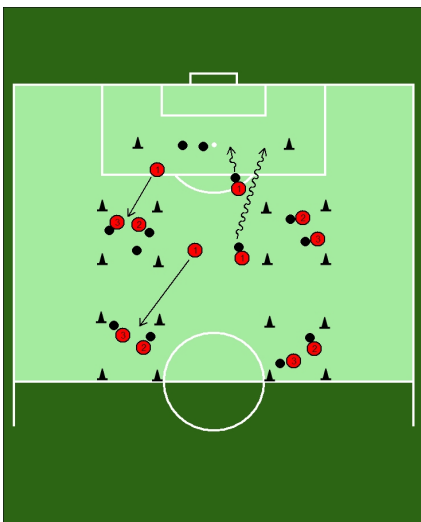
How it works

Tell the group the story of the films Armageddon/Deep Impact where an asteroid is heading towards Earth and will destroy the planet unless their missiles can blow it up.

The balls are the missiles and the goal is the asteroid.

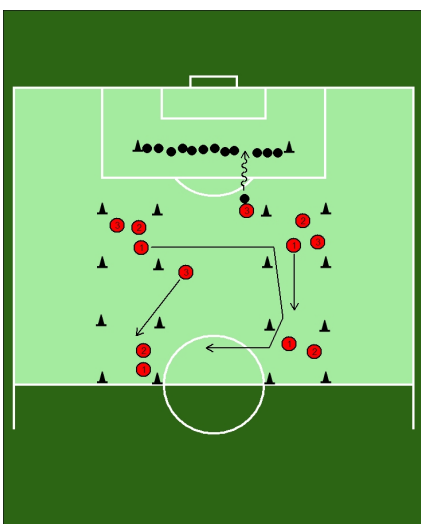
Set the group a target they must achieve to save the Earth. Make this first target easily achievable, such as three minutes to impact or three missiles to destroy the asteroid.

On a signal from the coach, Player 1 in each square has to dribble their ball through each of the other three squares (in any order) and then stop the ball anywhere between the two cones in line with the penalty spot.



Player 1 must run back to their square after leaving their ball (loading their missile) between the cones.

As soon as Player 1 is back in the square, Player 2 must do the same and then Player 3.



When Player 3 returns to the square, Player 1 can prepare to fire their missile at the asteroid (shoot a ball at the goal). They must run through each of the squares (in any order) and then run to shoot any ball at the goal. Hit or miss they must run back to their square so Player 2 can do the same and then Player 3.

The game is not over until the last Player 3 has shot their missile at the asteroid.

Retrieve the balls and get each group to move round to start from a different square. Set a harder target and play again.

Possible changes

When firing the missiles the players could run straight to the ball to shoot rather than having to run through each square.