

How To Play Goalie

- Ask participants to stand in a circle facing inwards.
- Everyone opens their legs so that their feet are approx 1m apart.
- Ensure that each person's left foot is touching the right foot of the person next to them.
- Players must hold one arm behind their back (whichever they choose), the other can be used as a 'goalie' to guard their 'goal' (area between their legs).
- Start off with one ball.
- The balls you use must be soft (faces are often very close to the action!), suggestions include soft touch volleyballs, polyballs, large sponge balls etc.
- The aim of the game is to be the last person standing.
- You must sit down where you are if the ball passes through your legs.
- Anyone can try to get the ball through anyone else's legs at any time.
- No one can move out of the circle (except to collect wayward balls).
- If the ball goes through your legs and you sit down you can still play the game by trying to get other players out.
- Add another ball after a short while.
- Continue to add additional balls as appropriate.