

Movement Challenges & Games

KICK THE CAN

- Each person in the group has a 'can' (plastic marker cone).
- Balance the cone upside down somewhere on the playing area away from the edge and other players.
- Players then kick balls around trying to knock the cones down that belong to other people.
- If your cone is knocked over you pick it up and replace it with another from a designated point.
- Feet only are to be used and you may not knock over another cone with your foot.
- You cannot kick the ball once your cone has been knocked over.
- You may rejoin the game once you have set your new cone back down.

Equipment: Cones / Balls for kicking (soft if inside).

Area Required: Any space with room enough for balls to be kicked around. Outdoor works well. Indoor is especially good with appropriate walls for rebounding off and avoids excessive retrieval of balls.

Benefits

- Honesty (Did my cone get knocked over?).
- Acceptance (Did I knock my own cone over?).
- Control (Am I aiming or just kicking and hoping?).
- Strategy (How am I going about this game?).
- Appropriate Risk Taking (Do I stay and defend at all costs or do I take a risk and leave my cone to try and knock over another's?).
- Team Work (Do I leave my cone to retrieve a ball to keep the game flowing?).

How to explain the activity

- Each person will get a cone and set it in this upside down shape (demo).
- You must place it somewhere on the court but at least a metre from another cone or the sidelines.
- Once everyone has set up their cone we will start kicking the balls around.
- You have two main jobs - (1) try and defend your cone from getting knocked over and (2) try and kick the ball so that it knocks over somebody else's.
- If your cone does get knocked over (or if you knock your own cone over with your foot) you need to pick it up and run over the where the cones are and get a replacement cone .
- Once you place your new cone back down you are back in the game.
- While you are replacing your cone you are not able to kick any of the balls that are in play.

Cues for debrief / reflection

- How did it feel to have your cone knocked down?
- How did it feel to knock someone else's cone over?
- What was the consequence of that happening?
- What strategy did you employ in that game, how did you go about playing?
- Did you ever take a risk and leave your cone to retrieve a ball, tackle someone with the ball or try to knock another person's cone down?
- What is the most effective way to kick the ball to get it to go where you want it to?
- What else did you enjoy about this game?

How to vary the activity

- Try throwing instead of kicking.
- Vary the terrain or playing surface.
- Included consequences for elevating the balls.
- Play in pairs or small groups.
- Increase the number of cones each person has.
- Create inventive consequences while swapping your cone over.

