

LESSON PLAN



Developed with Hailey Bond, Olivet College, Olivet, MI

Goal Zone Ball

Volume 9 | Gr. K-12



Materials list

- 3 Zoner sets **(PE08999)** (need 3 sets to have 6 goal boards)
- 36 foam balls **(PE08623)** (need 6 sets to have 6 per team)
- 36 student scrimmage vests (PE09608) (need 6 sets to have 6 per team)

Object of the game

To get all of your team's balls into the Zoner goal boards.

Objectives

Students will...

- · Improve throwing, balance, and movement skills
- · Use strategy and teamwork to achieve a common goal



How to play

- 1. Divide students into 6 teams. Each team wears the same color scrimmage vest.
- 2. Place all the balls in the middle of the circle. Space the Zone Ball goals evenly around the edge of the circle.
- 3. Students start by standing along the edge of the circle, facing away from the balls.
- 4. On the whistle blow, students run to the middle of the circle and grab a ball that matches their team's color. Each student may only have on ball in their hand at a time.
- 5. Once a student has a ball in their hand, they may only take two steps before passing the ball to a teammate or shooting the ball into their Zone Ball goal.
- 6. Balls may also be knocked out of other students' hands, hit from midair, or kicked away while on the ground. These things may be done whether or not a student is currently holding a ball.
- 7. The first team to get all of their balls into the Zone Ball goals wins the game.
- 8. Can also be played using scooters.

