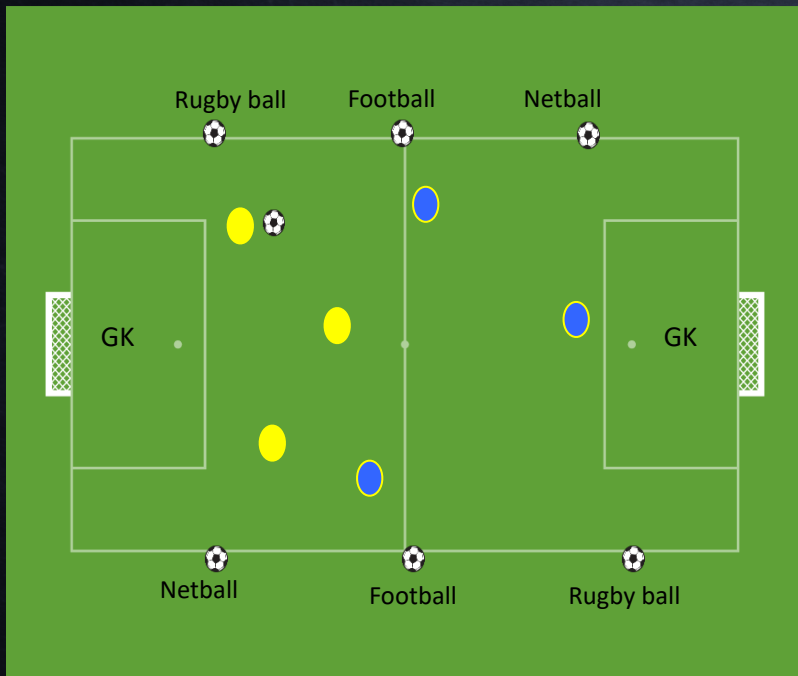


Multisport experience



Organisation: The game is set up as shown but can also be played 5v5. The 4v4 version is shown here. The game is going to challenge the thinking, movement and concentration of the players. There are 6 balls placed around the edge of the pitch. They are shown as footballs but only two are. There are also 2 rugby balls and 2 netballs.

How to play: It is a normal game until the ball goes out of play (either at the sidelines or goal line (inaccurate shot or GK save)).

If the ball goes out, the player that touched the ball last (even if it is the GK) has to run to get the ball that has gone off.

As they are doing this the other team can pick any other ball to restart the game. Whichever ball they pick, the ball being retrieved HAS to be put in the empty space. Pick a rugby ball, touch rugby rules apply, pick a netball then netball rules apply (you can't run when holding the ball).

To score with a rugby ball, touchdown on goal line. To score with a netball throw it against the crossbar.

Technical

Physical

Psych

Social