

'Striker' helps players to develop shooting and passing skills.

## What you need

- Marker discs/cones.
- Balls of different size and density.
- Suitable indoor or outdoor space appropriate to the size/nature of the group.

## How to play

- Mark out five goals (gates) using six discs or cones along each end line of the playing area.
- Each goal has a different value according to the width of the goal (the narrower the goal, the higher the points; for example:
  - two widest outer goals = 5 points
  - two inner goals = 10 points
  - narrow centre goal = 15 points.
- Play 4v4 inside the area. Place target person behind each goal to stop the ball. They can then interchange with players on the pitch who will then become target persons.
- The object of the game is to score by playing the ball through one of the goals on the opposing end line.
- Players in each team shoot towards their own goals; one player stands behind the goals to stop and return the ball to the next shooter.
- Once every player in the team has taken a shot, add up the points and compare with the team shooting at the other end.

## Think about

Which goal you are aiming at; pick a target instead of kicking the ball randomly.



*Use the STEP model to modify this game:*

## Space

- Increase or decrease the distance between the shooter and the goals.
- Increase or decrease the width of the target goals; or reduce or increase the number of goals.

## Task

- Play the game as a passing game; each successful pass to the player behind the goals/gates scores.
- Some players can control the ball with their hands.

## Equipment

- Some players may prefer a larger ball.
- If needed, the ball can be kicked from a tee; for example, placed on top of a marker disc.
- Goals can be different colours; some players can score in any colour; other players are challenged by having only one scoring colour.

## People

- To help vision impaired players to shoot accurately, a caller can give verbal guidance, clap or shake a bell ball from behind the goals (not too close!)

## Safety

- All players keep out of the shooting zone.
- Players should never shoot the ball directly at another player.

## How to improve

- Control the ball before shooting.

## Integrity

Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

## Links

For more information about football see:

The Football Association <http://www.thefa.com> and <http://www.thefa.com/get-involved/player/disability>

## Extension game – 4v4

- This version of Striker is played 4v4 with a target player behind the goals/gates.
- Players can aim at any goal; they score more points by shooting through the narrow goals.
- Some players can play in tackle-free zones where they have time to control, pass or shoot the ball.