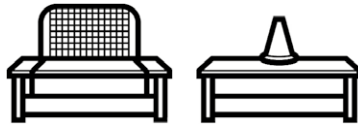




THE GAME®

SkillGoal Exercises

Dimensions:
98 x 5 x 58 cm
Weight: 3.5 kg

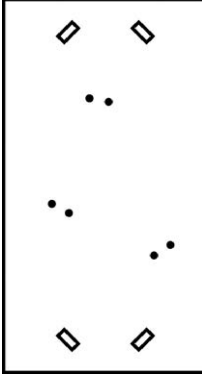
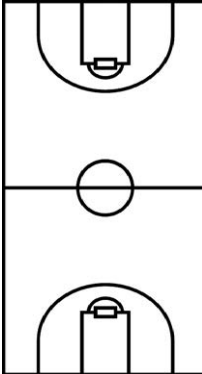


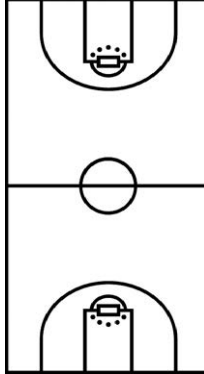
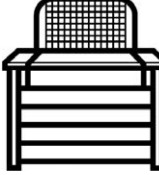
A multifunctional goal

In addition to its use for FooBaSKILL®, the goal can be used in different games; a selection is provided in this document. The term "SKILLGoal+" refers to the SKILLGoal that is attached to the gymnastics box with straps (see image above). Depending on the level of the players, you can add or remove these items from the gymnastics box. We invite you to watch the video presentation of these exercises on the YouTube channel FooBaSKILL® Passion. Explanations regarding the set-up of SKILLGoal are also available.

Conditions of Use: If the SKILLGoal is placed on an element of the gymnastics box or other support, it is necessary for an adult to fix it with the provided straps to prevent it from falling. The straps should be adjusted and stretched as far as possible so that the goal remains stable on the support.

DESCRIPTION	SCHEME/ ORGANIZATION
<p>1) FOOTBALL</p> <p>Two teams of 4-5 players face off. Each team defends a SKILLGoal and attacks towards the opponent's goal. There's no goalkeeper. Players can score in front or behind the SKILLGoal. A circular arc delimits each goal as shown in the image. Neither the defender nor the attacker has the right to enter this area.</p> <p>VARIANTS</p> <ul style="list-style-type: none"> • Each team can score on both goals. • When the referee whistles, the teams change sides (they defend and attack at the other goals). • The difficulty can be increased by adding elements to the gymnastics box under the goal. • The teams face each other in half the court. <p>EQUIPMENT</p> <ul style="list-style-type: none"> • 1 SKILLTheBall • 2 SKILLGoals • Cones for the delimitation of the circular arc • Bibs 	
<p>2) FooSKILL</p> <p>Two teams of 4-5 players face off. Each team defends 2 SKILLGoals+ and attacks the other two. FooBaSKILL® rules apply.</p> <p>VARIANTS</p> <ul style="list-style-type: none"> • When the referee whistles, the teams change sides (they defend and attack at the other goals). • The teams no longer have goals assigned to them. The SKILLGoal+ in which a team has scored is "blocked" until the next successful shot at one of the other three goals. It is the teacher who designates the blocked goal at the beginning of the game. In this option, only the 1st point is awarded for a goal scored in front of or behind the goal. Possibility of removing elements from the gymnastics box under the goal to increase the chances of goal. <p>EQUIPMENT</p> <ul style="list-style-type: none"> • 1 SKILLTheBall • 4 SKILLGoals • 8 straps • Gymnastics box • Bibs 	

DESCRIPTION	SCHEME/ ORGANIZATION
<p>3) OUTDOOR FOOTBALL - MULTIPLE GOALS</p> <p>Four SKILLGoals and goals delimited by cones (or other equipment) are placed on the field. Two teams of 4-6 players face off and try to score one point by attacking any goal from the front or back. There is no goalkeeper and it is forbidden to score two goals in a row in the same goal.</p> <p>VARIANTS</p> <ul style="list-style-type: none"> • Receiving the ball from a teammate after a goal to validate the point. • Remove the cones and leave the four SKILLGoals for two teams to compete with each other. Each team defends and attacks two goals. <p>EQUIPMENT</p> <ul style="list-style-type: none"> • 1 SKILLTheBall • 4 SKILLGoals • 6 cones • Bibs 	
<p>4) UnihockeySKILL</p> <p>Two teams of 4-5 players face off. Each team defends a SKILLGoal and attacks towards the opposite goal. To score a point, the unihockey ball must enter the goal by moving the net. There's no goalkeeper.</p> <p>VARIANTS</p> <ul style="list-style-type: none"> • When the referee whistles, the teams change sides. • Each team has the possibility of scoring on both goals. • Increase the difficulty by adding elements to the box that is under the goal to encourage the players to lift the ball. • A circular arc can be defined around the SKILLGoal to prevent a person from taking on the role of goalkeeper. <p>EQUIPMENT</p> <ul style="list-style-type: none"> • SKILLGoals • 4 straps • Unihockey sticks • 1 unihockey ball • Cones for the delimitation of the circular arc • Bibs 	

DESCRIPTION	SCHEME/ ORGANIZATION
<p>5) THE TWO TOWERS</p> <p>Two teams of 6-8 players face each other in a room delimited by the walls. The objective is to score as many goals as possible in one of the two towers ("SKILLGoals+") placed on the field as shown in the image.</p> <p>The game starts from the middle of the field with a jump between two basketball players. Before attacking, players must make a minimum of four hand passes. An interception causes the pass count to be restarted from scratch. Only one bounce is allowed on the ground during a pass. Passes against the wall are possible and players cannot dribble. When the player has the ball, he may hold it in his hand for four seconds and take three steps. Players may attack the goal of their choice and thus occupy the entire area of the field, except in the goal zone delimited by a circle. When a goal is scored, the ball is put into play from the centre of the field. Any contact between players is forbidden.</p> <p>EQUIPMENT</p> <ul style="list-style-type: none"> • 1 SKILLTheBall • 2 SKILLGoals • 4 straps • Bibs • 4-5 gymnastics box for a SKILLGoal • Cones for the delimitation of the circular arc 	 
<p>6. PRECISION GAMES</p> <p>6.1) SKILLChallenge</p> <p>Place the SKILLGoals at different heights of gymnastics box as a circuit. Each player exercises independently in the different positions and tries to score a goal.</p> <p>VARIANTS</p> <ul style="list-style-type: none"> • Provide different types of balls: handball, tennis or unihockey. • Throw the balls with different techniques (with the "weak" hand, with both hands, with rebound, with the foot, etc.). <p>6.2) Futgolf</p> <p>Outside or inside the room, the teacher installs a golf circuit with SKILLGoals goals and cones. Which player will finish the circuit with the least number of shots? Increase the difficulty by adding elements to the gymnastics box under the goal.</p>	<p>6.3 Barcelonita</p> <p>Several players are placed on each side of the SKILLGoal. The first person in the row passes the ball through the goal to the player in front of it. After a successful pass, the shooter changes line. Which team will make the most passes in 2 minutes?</p> <p>VARIANTS</p> <ul style="list-style-type: none"> • Increase distances between groups. • Impose one touch per person. • Play with the "weak" foot. • Increase the difficulty by adding elements to the gymnastics box under the goal. 