

On Off**How to play this game:**

Mark out a space or use playground markings. Set up a small goal at each end and line up the children at either side of the playing area in equal teams as shown in the diagram. Give each child a number. The adult/leader shouts out a number (or more than one number) the children whose number is called come onto the pitch and try to score a goal at the opposite end. Play continues until the leader shouts out a different number (or numbers) and the players swap over.

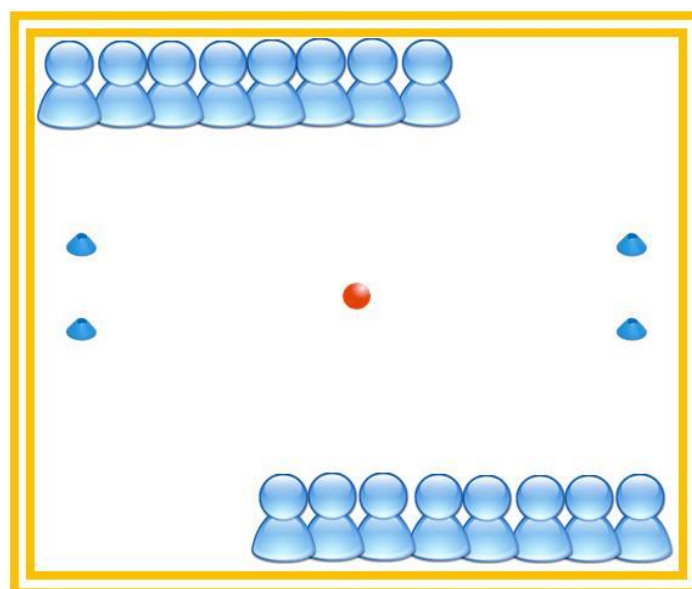
Adaptations

Test the children's co-ordination and listening skills by constantly changing numbers and giving instructions such as "2 off; 3 and 6 on"; "7 and 5 on, 1 and 6 off". The adult/leader should have a notepad and a pen handy to help them remember which numbered players are on at any one time.

A slightly easier version is to call out a number or numbers and letting these children play until a goal is scored. Play restarts with the ball in the centre of the pitch and the leader/adult calling out a new set of numbers.

This can be used as an excellent drill or warm-up for any invasion game with the correct equipment, such as basketball, hockey, netball or football.

To introduce a race element into the game place a cone behind each team, before coming onto the pitch the children whose number is called must sprint up to and around the cone. The leader may even wish to introduce a task to be completed at the cone such as 5 star jumps.

**Learning Objectives**

- Co-ordination
- Can be used as a fun cool-down or warm-up

Resources

- Activity area
- Cones
- Football
- Bibs