

# Five Pin Soccer

**Grade Level:** 4-6

**Skills:** Kicking for accuracy, light activity

**Objective:** **Standard 6.HF.1:** Create a SMART goal and track the progress and identify obstacles to achieving goals and how to overcome them.

**Equipment:** 2-8 soccer balls, five 2-liter plastic soda bottles with some sand/water in the bottom.

**Organization:** Place two teams along the baseline or make it a four-sided activity and have the students make a square along the perimeter of the gym. Line the 2-liter bottles up in the middle of the gym for the two-ended option or even at a diagonal if you're playing a square/four-sided method.

**Activity:** When you say "go" the objective is to kick the soccer balls so they knock over the bottles in the middle. Each student will hold their position along the perimeter and when a soccer ball is in their vicinity, they should trap it and use the instep of their foot to kick the soccer ball out to the middle of the gym and topple the pins. Each pin that is toppled scores one point. The student that topples the pin will now become the "goalie" of that pin once they knock it over. Their task is to re-set the pin anywhere throughout the center area and prevent others from knocking that pin over. If someone knocks their pin over, then they head back to the perimeter and the student that knocked it over is now the new goalie for that pin.

**Variations:** You may add or subtract soccer balls as needed depending upon their levels of ability.  
Move some sides closer or farther depending upon ability.  
Use different sized objects, e.g. beach balls, trainer volleyballs or tennis balls depending upon ability.

**Closure:** What is a SMART goal?  
What are some things you can do when your goal has yet to be accomplished?  
Why is it important to be persistent when you are trying to complete a SMART goal?

**Piloted at:** Lakeside