

Soccer Skittles

Develops kicking, balance and ball skills



Looking for a fun family activity? Head to your recycling bin and rummage for plastic bottles to turn into skittles. You'll need at least six bottles to get started, and it doesn't matter if they're different shapes. Give them a rinse and then fill each with a cup of water or sand for stability.

Place your bottle skittles in a line or arrange them in a triangle shape, find a couple of balls from around your home and get playing. Your kids can either kick the ball soccer style at the skittles target, or try rolling it at them. Make it more challenging for adults and older children by using a smaller ball, kicking from the side or over a greater distance.

Younger kids will find it fun to just run at the skittles and kick them over - which is fine too! Adapt your game until they're ready to kick the ball.



Develops joyful kicking

Skittles provide motivation to kick towards a target.



Develops foot-eye coordination

Helps kids to keep their head up during ball handling.



Develops social skills

Fun to play as a family or group. Encourage everyone to have a go.

For more tips and ideas go to fb.me/MightyMoversCBR or bluearth.org