

## One-Hand-On-The-Floor-Football



Make football playable with a special rule for groups with children of different ages.

### Course of the game

As in "real" football, there are two teams trying to get the ball into the opponent's goal. The rules of normal soccer, which I'm sure everyone knows roughly, apply here as well.

Because normal football games are not very varied, in "One-Hand-On-The-Floor-Football", as the name describes it, one hand must always touch the ground. The hand must not be taken off the ground under any circumstances, no matter what. As you can imagine, the game looks pretty amusing to outsiders. It's also not particularly easy to control the ball, since you can't move very fast while bent over or even on all fours.

"One-Hand-On-The-Floor-Football" is a lot of fun with the situations that arise from this unnatural posture, especially for those who are allowed to watch.

### Groups/ Leaders

2 opposing teams and one or two referees.

### Material

- 1 soccer ball
- 2 goals
- 1 whistle for referee
- ribbons or something similar to designate the teams

## Source link

- Game idea:

With kind permission of [www.spielboerse.ch](http://www.spielboerse.ch) - game ideas for youngsters!

- Picture:

[www.pxhere.com](http://www.pxhere.com)