

## Live goals

**Materials:** Only a ball is required for the game.

### Playout

Participants form a circle and position each in a stride, fairly large but comfortable.

From now on, everyone must defend the goal between their feet. He can only do this with his hands, he can't bend his legs at the knees.

The goal is to defend the goal with his hands

The goal is to drive the ball into someone else's goal while not allowing it into your own.

The goal is to drive the ball into someone else's goal without allowing it into your own.

If the ball falls into someone else's goal in that case that person turns his back and continues to participate in the game, although it is much more difficult.

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If the situation repeats itself, he or she faces back to the center of the circle, but no longer takes an active part in the game. From now on, if someone hits that person with a goal, he or she is counted as if it was us who dropped the ball into the goal.

If the situation is repeated, he or she is not actively involved in the game

\*It is possible in the lead the rule that the ball can not be held or caught, only it can be bounced.