



CATCH 'N SCORE

- Place: Soccer Field
- Players Needed: 4 or more
- Equipment: Safety cones (or soccer goal), soccer ball and flag football flags

Directions

- Like soccer, you try and score the soccer ball into the other team's goal, but the rules are a little different. If the ball is kicked in the air, the players can catch it and run with it to make a goal. You can stop a player where they are by pulling one of their flags. Each person starts with three flags. Each goal and each pulled flag is worth one point. The team with the most points WINS!



Safety Tip: Always get your parents help or permission before attempting this move (you never know, they might want to join you!).

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