

# Foil Sports



## Supplies

- Aluminium foil or paper (anything that can be scrunched into a ball or a real ball can be used)
- Cups, bottles, or salt & pepper shakers, etc... (anything that could be used for goals)
- This game can be played either indoors or outdoors, on a table or the floor. Get creative!

## Rules

- Sit at a table and place the “goal posts” up equally apart, across from the other player
- Begin playing by using your fingers to hit or flick the ball into the other players goal
- The defending opponent is not allowed to block the entire space of the goal
- The first person to score 15 goals wins the round

**Level Up!:** You can also create more rules to make it harder. Other rules could be only three touches until you have to shoot or only using your non-dominant hand. You can also create a bigger ball and play on the floor to give you more space.