**Name:** Paula Mercadal I Xènia Acosta **Course:** 3r ESO-C

**SPORT: Golbol**

**ACTIVITY 1**

**Name:** Familiarization with the position and ball

**Explanation:** We make a circle inside which placed three people. All stretched on the ground.

People who form the circle must try to pass the ball in the middle and have them try to prevent the past.

**Material:**

Speciallball

**Time:**

4 minutes

**Groups:**

2 groups (10persons circle, 3 inside aprox)

**ACTIVITY 2**

**Name**: Practice the passes

**Explanation**:

We will be forming a circle, lying on the ground. And we will pass the ball between us, trying to control it.

**Material:**

Special ball

Dark glasses

**Time:**

3 minutes

**Groups:**

2 groups

**ACTIVITY 3**

**Name:** Golbol match

**Explanation:** We will play a game of golbol.
We will put 3 people lying on the ground, consecutively, in front of each goal.

The game will attempt to score the opposing team in the allotted time.

**Material:** the same

**Time:** 4 minutes every match

**Groups:** Five groups of 3x3= 6 persons



