

Capture The Fort

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Location: Outdoors

of Players: 2 teams

Age: All

Equipment: soccer ball

Divide players into two sides: Attackers and Defenders.

Defenders form a circle, holding hands and facing outward, with their captain in the center.

Attackers surround the fort at about eight or ten paces distant. They try to kick a soccer ball into the fort; it may go through the legs of the defenders or over their heads. If it goes over their heads, the captain may catch it and throw it out. But if it touches the ground inside the circle, the fort is captured and the players change sides.