BALL GAMES

1. **Clean Up Your Backyard**

   Equipment Needed: Balls, Cones

   Set Up: Create a rectangular boundary with cones.
   Create a "No Man's Land" boundary in the middle of the gym/field- this area
   Should extend all the way across the boundary.
   Spread balls all over the boundary.

   How to Play:
   1. Divide the class into 2 teams.
   2. No players are allowed in the "No Man's Land".
   3. Players begin by sitting on their "No Man's Land" line.
   4. When the whistle blows, players may get up and begin throwing all the balls on their side to the other teams' side.
   5. The object of the game is to have the least amount of balls on your team's side.

   Tips:
   - Balls should not be kicked; unless you are only using soft dodgeballs.
   - Incorporate ways players can get more points; i.e. - making a basket on the other teams side, hitting a cone on the other team's side, etc.
   - Designate a special ball that can only be held onto for 3 seconds but will make your team lose points if the ball is on your side when the whistle blows to end the game.
   - Give penalty for throwing balls after the whistle.

2. **Speed Ball**

   Equipment Needed: Ball

   Set Up: No set up needed.

   How to Play
   1. Players should form a small circle.
   2. All players are on the same team working together.
   3. Players are to pass the ball in a designated direction without skipping any players.
   4. Type of pass should be decided by the Instructor; i.e. - chest, bounce, kick, roll.
   5. Instructor should create time limits that players have to beat to get ball around the circle.
   6. Circle should get bigger with each round.

3. **Treasure Hunt**

Equipment Needed: Balls, Cones

Set Up: Create "baskets" with the cones around your programming space.
                "Baskets" could be corners, circle of cones, mats, etc.
                Spread all types of balls around the area.

How to Play:
   1. Set a time limit for the players to collect the balls and put them in the correct baskets.

Tips:
   • Only allow players to pick up one "treasure" at a time to make sure everyone gets a chance to participate in the game.
   • Add motions like skipping, hopping, carry ball over player's head with each round.

4. **Bump and Bite**

Equipment Needed: Balls, Cones

Set Up: Create a playing field with cones.
                Place balls on the sideline of the boundary.

How to Play:
   1. All players will line up on one end of the court/field/boundary.
   2. Instructors are to be on the sidelines with balls.
   3. When the Instructor blows the whistle, players are to run from one end to the other without getting hit by balls that Instructors are rolling into the playing field.
   4. If a player gets hit, they become frozen.
   5. If a player catches a ball or picks up ball when they are frozen, they are back in the game.

Tips
   • Instructors know your own strength when rolling or throwing balls.
   • Change motions players have to use to get to the other side; i.e. - skipping, hopping, etc.
   • Larger groups should be given a criterion before they are allowed to run across; i.e.-everyone with a red shirt, everyone with long sleeves
   • Instructors can use their own discretion if they think kids should be able to help coaches throw/roll the balls.

Variations
   • Allow the kids to stand on the side while Instructors run through middle at the end of the game.

5. **SPUD**

   Equipment Needed: Dodgeballs

   Set Up: No set up needed.

   How to Play:
   1. Designate a player to be "it".
   2. The rest of students stand close to the "it" in a circle.
   3. "It" then counts to a predetermined number, usually 10, out loud.
   4. As he/she counts, the rest of the players scatter.
   5. When he/she reaches 10, they all freeze in their spot.
   6. Then "it" takes 4 giant steps towards the closest person (S-P-U-D) and throws the ball, trying to hit him/her.
   7. If "it" hits a player, that player becomes the new "it".

6. **Wall Ball**

   Equipment Needed: Tennis Ball, Kickball

   Set Up: No set up needed.

   How to Play:
   1. Players should be spread out in front of the long wall.
   2. A ball is thrown against the wall and players are to field the ball with one hand.
   3. If they field the ball with two hands, they must drop ball and run to the wall, touching it, before another player picks up the ball and throws it at the wall.
   4. If players bobble the ball, they must also touch wall before another player throws it at the wall.
   5. Players are out if the ball beats them to the wall.
   6. You can incorporate more than one ball as the game goes on.

7. **Atomic Bomb**

    Equipment Needed: Balls, Cones

    Set Up: Create two lines parallel to each other with cones.
                       Place balls in the middle between the two teams.

    How to Play:
    1. Divide the class into 2 teams.
    2. Players are to line up behind the cones facing each other.
    3. No one is allowed in the middle.
    4. Players are to take the dodgeballs and try and throw them at the balls to move it across the other teams' line.
    5. If a ball is hit across the line the team that hit it across with a ball receives points.

8. **Space Invaders**

    Equipment Needed: Balls, Cones

    Set Up: No set up needed.

    How to Play:
    1. Divide the class into 2 teams.
    2. One team is deemed "The Defenders of the Earth."
    3. The other team is deemed "The Space Invaders".
    4. "The Space Invaders" players are given any kind of ball and they are to try and hit the Earth.
    5. Earth is designated as a wall in a gym or a line of cones on a field.
    6. "The Defenders of the Earth" to keep balls from hitting "Earth" (hitting wall or rolling past cones).
    7. Once "The Defenders of the Earth" have secured all the balls without taking any hits, the next round or game begins.

    Tips:
    *   Game can be played with each team defending a wall at once or with one team defending a wall, while the other team is throwing the balls and then switching.

9. **Bridge Ball**

   Equipment Needed: Balls

   Set Up: No set up needed.

   How to Play:
   1. Players form a circle, with their legs spread wide.
   2. Their feet should be touching the person's next to them.
   3. There should be no open gaps in the circle.
   4. Tell players to be in "ready" position with their hands on their knees.
   5. The Instructor starts in the middle with 2 balls.
   6. Instructor tries to roll balls between player's legs to score.
   7. Players may try and stop the ball with their hands, before it goes between their legs.
   8. If a player gets scored on, they become it and must go to the middle of the circle.

10. **Pickle**

    Equipment Needed: Dodgeball, Cones

    Set Up: Create 2 bases about 20 feet apart

    How to Play:
    1. Two kids are selected to be it, one at each base.
    2. The rest of the players choose a base to start from.
    3. The game starts by the 2 "it" players tossing the ball back and forth.
    4. When coach says "go" the players run back and forth from base to base.
    5. The "it" players can throw the ball at players that are out of a base.
    6. If hit with the ball, you take the place of the "it" person that hit you.

    Tips:
    - Coaches start out as "it" the first round. You might want to put a time limit that they are allowed to be on base (10 seconds).

11. **Mummy**

Equipment Needed: Balls

Set Up: No set up needed.

How to Play:
1. Tell the kids they have 5 seconds to find a spot on the court/field.
2. Once in their spot, they must stay there.
3. One kid starts with the ball and throws it to another player.
4. If it is a good throw and the player drops the ball, they must sit down and are out.
5. If it is a bad throw, the player that threw must sit out.
6. Keep passing the ball all over the court (it doesn't have to be in any particular order).
7. When 2 players are left, they must throw with 1 hand behind their back until someone messes up.

12. **Koosh Ball**

Equipment Needed: Koosh Balls, Tennis Balls

Set Up: No set up needed.

How to Play:
1. Place students in a circle (or several circles if it's a large class).
2. One player starts with the ball, they throw it to another student.
3. Then that student passes it to someone else.
4. Tell the class they must remember who threw them the ball, and who they throw it to.
5. They must repeat the pattern over and over again (so Bobby throws to Sue who throws to John, then throws to Bobby and it starts over)
6. Once the ball has gone around the circle several times and they know the pattern, introduce a second ball.

13. **Kitty Corner**

Equipment Needed: Dodgeballs, Cones

Set Up Create 4 corners on a playing field

How to Play
1. Pick 5 people to be it.
2. Those who are it stand in the center of the court/field and each have a dodgeball.
3. Everyone else are "cats" and they must pick a corner to stand in.
4. The Instructor yells "Cats get a corner" and all of the cats run CLOCKWISE to the next corner. Everyone must run in the same direction.
5. The it players throw their dodgeballs to try and hit the cats.
6. If a cat gets hit, they must go sit out.