

Awesome Ball (aka Dunk It!)



Aim of the activity



- Fun competition.

Logistics



- This game does require at least a medium-sized room, up to a basketball court size.
- Will need enough young people to have at least two teams of 5-15 young people each. Any more and you can set up more teams.
- A ball the size of a rubber kick ball or a volleyball - nothing too small or too hard.
- Cones and two large empty bins or baskets.
- Set up the space so that the cones mark up an end-zone about 6-8 feet from the end walls with the bin/baskets in the middle of each end zone.

Delivery Tips and Risks

If playing with a mix of abilities, sometimes a group can dominate the play, so you can add a variant scoring rule: identify certain people who when they score a basket count for two points instead of one.

Adaptations

Play game sitting on the floor.

Directions



- The object of the game is simple; get more "baskets" than the other team.
- A basket is made by shooting, or bouncing the ball into the large bin, while staying outside the end-zone.
- The teams are going opposite directions, shooting on one "basket" and defending the other.
- While moving up and down the court, the ball is always live, in the air or on the ground and can be grabbed by either team. The player with the ball cannot run or walk, they must pass or shoot.
- Neither team is allowed to shoot or guard inside the end-zone, the only time to go in the end-zone is for the defensive team to retrieve a loose ball or ball that was scored in the "basket".
- If the player shooting the ball steps into the end-zone, it is an automatic turnover (the ball goes to the opposing team).
- If a player is caught walking while holding the ball, it is a turnover on the spot.
- A shot made in the bin that knocks it over then rolls out is not a scored basket. Sometimes the ball will go in knocking over the bin but staying in, this is a scored basket.
- Defenders must stay an arm-reach away from the opposing team member holding the ball.
- You can play to a certain number of points scored or a time limit.

Chair Ball (aka Chair Football, Chair Volleyball)



Aim of the activity



- Fun.
- Good sporting activity if you cannot go outside.

Logistics



- Hall space.
- Will need enough young people to have two teams so about 8 -14 young people. Anymore and you can have more teams.
- Enough chairs for everyone to sit on.
- Beach ball or balloon or juggling bean bag.

Directions



- Set up the hall like a football table with chairs as the blue and red team.
- The 'blue' chairs face to the right goal and the 'red' chairs face to the left goal.
- The goal could be a bucket, 2 chairs or maybe someone standing on a chair.
- The 2 teams have to sit on the chairs and hit the ball (or balloon) with their hands and try to get a goal at their end.

Delivery Tips and Risks

Space the chairs out so people do not accidentally hit each other but still close enough to minimise the gaps for the ball to fall in.

Adaptations

Stand in hula hoops, where people have to stay in their own zone.

Dodgeball



Aim of the activity

- To have fun.
- To run around.



Logistics

- Enough room to run around in without hitting obstacles.
- Will need enough young people to have two teams so about 8 -14 young people. Any more and you can have more teams.
- You will need soft balls and some markers for a court e.g. flat cones.



Delivery Tips and Risks

- Ensure the balls are not too hard - football sized sponge balls are ideal for this.
- Make sure the balls are not thrown to hit above the waist, you can impose penalties should one team/person keep doing this.
- The key to doing the time trial well is to work as a team passing the ball between team members quickly.

Adaptations

If throwing the ball seems too intimidating for some young people, you can make the rule that the ball must be held when trying to get someone “out”.

Directions

There are two versions: Classic and Time Trial



Classic

- Divide the playing area (an indoor court works perfectly) into two halves.
- Divide the group into two teams and designate one team to each half.
- To start the game, each player must be touching the baseline of their half.
- Place all the balls you're going to be using along the half way line of the playing field.
- When the game starts, players can run to get the balls first and then the action begins.
- The aim of the game is to get the opposition team out by throwing the balls at them.
- If a ball hits a player below the waist, they are eliminated and must sit out for the rest of the round.
- If a player catches a ball on the full then one eliminated player from their team may return to the game.
- The winner is the first team to get everyone out from the opposite team.

Time Trial

- Set out a playing area using markers.
- Divide the group into two teams - one starts in the middle of the playing area (size depends on number of players) and the other team spreads themselves around the outside of the playing area.
- Once the game starts the outside team has to try to get the players on the other team 'out' by throwing balls at them.
- Rules usually include: “Nothing above the waist counts and only underarm throws can be used”.
- Have someone on a stopwatch so the time can be measured. Time stops when the last person is got 'out'.
- The team that stays in the longest wins!

Three Ball Football



Aim of the activity



- To get as many people involved in running around as possible.

Logistics



- Will need enough young people to have at least two teams e.g. 8-14, anymore and you can set up more teams.
- Enough space to set up a mock football pitch for your size group with a goal at either end.
- Three different coloured balls (or three different sized balls e.g. gym ball, football and tennis ball).

Directions



- Simply divide everyone into equal teams based not just on numbers, see next bullet point.
- Allocate the colour of the balls to certain characteristics e.g. one ball represents the boys only, another ball the girls, and the third ball is mixed OR one ball is for players aged 11, 12 and 13; another is for players aged 14,15,16, and the third ball is for everyone.
- Players can only kick the ball that is their colour (or size).
- Make sure the players are clear on which ball is for which group.
- Follow the basic rules of football.
- If a player touches the wrong ball on purpose, you can penalise them with a time penalty off the pitch.

Delivery Tips and Risks

- Football is a well-known game that everyone has a view on, the aim is to try and make this a fun game for everyone. Therefore be clear about the rules (and as referee you can add in what you want - see next bullet point) and that this is about everyone joining in.
- When refereeing this game, be a 'fun' supremo so football habits don't come in, don't be afraid to penalise people for not being polite to each other or if they haven't smiled. Give the ball to someone if they helped someone else etc.

Adaptations

This doesn't have to be restricted to football and could be done with netball or ultimate Frisbee for example. You could prevent any running and only allow walking pace. Play the game sitting on the floor, and sliding / shuffling on bums, only rolling the ball to each other.

Similar Activities

Crazy Football - where you only use one big gym ball.

Ultimate Frisbee

Active Games

Aim of the activity



- To have fun and run around.

Logistics



- Either an outside area or an inside space big (high) enough to throw a frisbee.
- Will need enough young people to have at least two team e.g. 8-14, anymore and you can set up more teams.
- A frisbee.

Delivery Tips and Risks

- You may want to use basic netball rules for defending such as you have to stand one meter away to defend - this stops people getting in each other's faces and causing problems.
- You could use a ball if a frisbee is not available (this is also known as BenchBall).
- Be firm as referee - your decision is final - have fun with this but being firm prevents arguments.

Directions



- Divide the group into 2 teams.
- Create a playing field with 2 end-zones, which are essentially rectangles marked out with 4 cones on each end.
- The aim of the game is to get someone from your team to catch the frisbee in the end-zone.
- To start the game, each team stands at their end-zone and one team throws the frisbee all the way across the field to the other team.
- They can let the frisbee land and start playing straight away from there, or they can catch it and play on. However if they drop it, the other team takes possession.
- When you have the frisbee you can pivot, but can't take any steps.
- If you throw it to someone and it hits the ground in any way, even if the other team hits it out of the air, then possession swaps to the other team.
- To defend, a player may stand in front of the person with the frisbee and obstruct their throwing path, but cannot physically touch them. The defender can start counting to 10 and if they reach it and the attacker hasn't thrown the frisbee then possession swaps.
- If the person catches the frisbee in the end-zone, they then swap with the person that threw it into them.