

Asteroid

Objective: Throwing; catching; quick reaction; agility; teamwork; aerobic endurance.

Equipment: 1 soccer ball (or similar) and 1 coated foam ball for every four players.

How to play: Place the children in teams of two. The game is played two v. two. One team has a soccer ball (called the planet) and the other team has a foam ball (called the asteroid). The team with the planet must kick the ball around the field, keeping it away from the asteroid. The team with the asteroid must throw the asteroid at the planet and hit it. When the asteroid hits the planet, the team who threw the asteroid takes possession of the planet and the teams switch roles. The person with the asteroid cannot travel with it, they must throw it to a teammate to get close to the planet. The team with the planet can only use their feet to move the ball around the area.

Catch 5

Objective: Throwing; catching; teamwork; cooperation.

Equipment: One football (or other ball) for every group of 6-8 players.

How to play: The students form teams of 3 or 4. This game is played either 3 vs. 3 or 4 vs. 4. You can have more than one game going on at a time. Mark off boundaries for each game approximately 30-40 feet by 30-40 feet. One team starts on offense and has the ball. The other team is on defense. The object is for the offensive team to pass the ball to each other, trying to make five consecutive passes and catches without dropping the ball or having the defensive team intercept it or knock it down. If five successful passes and catches are made, the team scores one point and the ball now goes to the other team. If the ball is dropped, knocked down or intercepted by the defensive team, the defensive team takes possession of the ball and goes on offense. The game continues for a predetermined amount of time or until one team scores a predetermined amount of points. Defensive players are not allowed to touch offensive players who are trying to make a pass. If they do, the thrower is allowed to throw again. If a defensive player touches an offensive player who is attempting to catch a pass, "interference" is called and the catch counts, and the offensive team continues. Throwers cannot travel with the ball, but they are allowed to pivot their feet as in basketball, but must stay in one place. Other players can move anywhere within the designated boundaries.

Double Partner Tag

Objective: Agility; cooperation; problem-solving; communication; teamwork.

Equipment: Tag-a-Long straps

How to play: The children form pairs and place the Tag-A-Long straps on their wrists. Each pair stands with another pair so that there are two groups of two together. One pair is "it" and attempts to chase the other pair and tag them. Once tagged, that pair is "it" and must count to "5 Alligators" before chasing the other pair. The pairs take turns chasing each other, trying to tag each other. You can play this as a walking only game or you can allow running. If the Tag-A-Long strap of the pair being chased comes apart, they are automatically "It." Players cannot hold onto or grab the Tag-A-Long strap to keep it from coming apart.

Drop 21

Objective: Agility; hand/eye coordination.

Equipment: One "Z-ball" or reaction ball for every two players.

How to play: The children play this game in pairs. Each pair needs one ball. The players stand inside a circle approximately 10-12 feet in diameter. The player with the ball (player A) holds it at the height of the other player's head then drops it. The object is for the other player (player B) to catch the ball after it bounces and before it leaves the circle. Every bounce counts as a point. Therefore, if the ball is caught after one bounce player B gets 1 point, after two bounces, 2 points, etc. However, once the ball bounces out of the circle, no points are awarded. Each player is trying to achieve 21 points. After player B has caught the ball, she drops it for player A to catch. Players continue dropping the ball for each other. The player dropping the ball should drop it in the center of the circle then immediately move out of the circle to give the other player space to catch the ball. The players continue adding to their scores trying to achieve 21 points. To win, a player must have exactly 21 points. If she exceeds 21, she must begin subtracting points to get back to 21.

Four-Down Football

Objective: Throwing; catching; cooperation; teamwork.

Equipment: One foam or rubber football and 4 cones (markers) for every 6-8 players.

How to play: This game can be played 3 v. 3 or 4 v. 4, so divide the students into the size groups you want to use. Each group has one football and four cones. Place the cones on the ground in a large rectangle (approximately 40' x 60'). The team with the ball starts on their own goal line (one end of the rectangle). They have four plays to get into the other team's end zone. One player is the quarterback and says "Ready, Go!" The other team members run down the field attempting to "get open" for a pass from the quarterback. When a successful pass and catch are made, the person catching the ball becomes the new quarterback and the team continues with their next passing play. If the pass is incomplete, it comes back to the same quarterback and the next play is run. If the offensive team catches a pass in the other team's end zone it is a touch down. The other team now starts from their goal line and has four plays to try and score. If the offensive team doesn't catch a pass in the end zone after four plays, the other team starts from their goal line and has four plays to try and score. The only time a team doesn't start from its own goal line is if they intercept a pass. In this case, they start from where the pass was intercepted. No one is allowed to advance the ball by running with it. An offensive play is over as soon as the ball is caught or it hits the ground.

Go for the Gold

Objective: Chasing; fleeing

Equipment: A beanbag or small, soft object

How to play: The children play this game in pairs. Each pair stands facing each other approximately 30 to 40 feet apart with a beanbag placed on the ground between them. The line where each player stands is his or her safety line. There are two objectives to this game: 1) To grab the beanbag and run to the safety line before your partner can tag you, or 2) tag your partner before she can get to her safety line with the beanbag. The game begins with both players holding up a closed fist. When Player A opens his fist, showing his opponent all five fingers and the palm of his hand, it indicates he is ready to begin. When Player B opens her hand it is the signal for the game to begin. At this point both players run to the middle where the beanbag is lying on the ground. The players can either attempt to grab the beanbag or wait for their opponent to grab it, then try and tag them. If the "grabber" is tagged before reaching her safety line, the tagger gets a point. If the "grabber" makes it to the safety line with the beanbag, he gets a point. After a point is scored, the players place the beanbag back in the middle and return to their safety line. On each turn the players alternate who will open their hand first to indicate they are ready to begin and who will open their hand second to indicate the start of the game.

Keep Away

Objective: Throwing; catching; hand/eye coordination; quick reaction; agility.

Equipment: 1 or 2 soft balls or objects for every group of five to seven players.

How to play: Place the children in groups of 5, 6 or 7. Players form a square or circle. One player stands in the center of the circle/square. The circle players attempt to toss the ball around or through the circle without the center player touching it. If the circle players lose control of the ball, or if the center player steals it, touches it, or knocks it away, the last player to have touched the ball switches places with the center player. The center player may also get out of the center by tagging a player who is in possession of the ball or by taking their spot if they leave it.

Kickball (3 on 3)

Objective: Kicking; catching; rolling; throwing; teamwork.

Equipment: Soft rubber or foam-type ball; three cones; one wiffleball.

Organization: The children form two groups of three. One team is the kicking team and stands near the cone with a wiffleball on it. The other team is the fielding team and stands between (and back behind) the other two cones, one of them holds the ball. The cones are set up in a triangle approximately 15-30 feet apart (distance depends on the ability of the players).

How to play: The player with the ball (pitcher) rolls the ball to the kicker. The kicker kicks the ball between the two cones and begins running around the triangle. When he/she returns to the cone with the wiffleball on it, the next teammate in line begins running. The kicking team takes turns running, trying to score as many runs as possible until the fielding team gets them out. The three fielders work together to get the ball and knock the wiffleball off of the cone (either by throwing, rolling or tapping) to stop the kicking team from running. When the wiffleball is knocked off, the kicking team is out. They receive one point for each turn around the triangle they completed before the wiffleball was knocked off. After all three kickers have had a chance to kick and all three fielders have had a chance to pitch, the teams switch roles and continue.

KnockDown

Objective: Throwing; catching; hand/eye coordination; quick reaction; agility; teamwork; aerobic endurance.

Equipment: 1 Koosh (soft) ball for every group of 6-8 players.

How to play: Set up two hoops approximately 40-60 feet apart. Place a plastic water bottle in the center of each hoop. Place the children in teams of 3 or 4 players. One team is on offense and begins with the Koosh ball. The object is to use the Koosh ball to knock down the other team's water bottle. A player with possession of the Koosh ball cannot travel with the ball, however they can pivot (as in basketball). To advance the ball down the court players must pass the ball to each other. A ball that hits the floor goes to the team that didn't have possession. A team scores one point when they knock down a water bottle. The bottle is then stood back up and play resumes with the other team in possession of the ball. Defensive players intercept and knock down passes. Defensive players are not allowed to touch offensive players.

Pass & Catch

Objective: Throwing; catching; teamwork; cooperation.

Equipment: One soft-foam type ball for every group of 12 players; cones.

Set-up: Use the cones to make a rectangle (approximately 40 x 60 feet). Divide the rectangle in half either with cones or with chalk, if playing on a blacktop/concrete surface. The students form teams of 6 players. Three players from each team stand on one half of the playing field and the other three players from each team stand on the opposite half. One team starts with the ball.

How to play: One team starts on offense and has the ball. The other team is on defense. The object is for the offensive team to pass the ball across the mid-field line to a teammate. Every time a successful pass and catch is made across the line, the team scores one point. The offensive team can score as many points as possible. The defensive team must try to stop the offensive team by intercepting a pass or knocking the ball down on the ground. Offensive players cannot travel with the ball, but they can pivot (as in basketball). The three players on one side can pass to each other, while their three teammates on the other side of mid-field move to get away from the defenders on that side. If the offensive team drops the ball or throws it out of bounds the defensive team takes over possession of the ball and goes on offense. Defensive players are not allowed to touch offensive players or grab/knock the ball out of their hands. If a defensive player interferes with (touches; bumps into) an offensive player trying to catch a ball, the catch is considered "good"; the ball goes to the offensive team and play continues.

Variations:

- With older, more skilled players, you can try playing with more than one ball at a time.
- Play with a flying disc (e.g., Frisbee™).
- This game can be played with 8 players; four on each team. Place two players from each team on each side of the mid-field line.

Tips:

- Encourage the offensive team to use teamwork and strategy to move the ball around so that they can pass to an open teammate across the mid-field line.
- Encourage the defensive team to guard all of the offensive players so that the offensive team doesn't have an open player to throw to.
- The game can be played for a specified time limit or to a pre-determined number of points (e.g., 25), then a new game begins.

Team Touchdown

Objective: Tossing; catching; teamwork.

Equipment: A soft football; four cones.

Set-up: The players form teams of three or four. The cones are placed in a rectangle approximately 60 by 30 feet (can be larger with older players). The teams stand at opposite ends of the rectangle. One team has the ball.

How to play: The object of the game is to score a touchdown by throwing the ball to a teammate in the opponents end zone. When in possession of the ball a player is not allowed to travel, but they can pivot as in basketball. The ball is advanced down the field by passing it to teammates. When a ball lands on the ground, the team that has possession last, loses possession. The other team picks the ball up and begins moving down the field. Contact is not permitted. Players are not allowed to touch the person in possession of the ball, steal the ball out of the person's hands, or knock it out of his hands. Passes may be intercepted. This game is continuous. Once a touchdown is scored, the opposing team obtains the ball and heads up the field immediately.

Variations:

- This game can be played in groups of two versus two, or 5 on 5, or 6 on 6, if desired. Keep in mind that the larger the number of players, the more difficult it is for the players to resolve conflicts or disputes in the game.

Tips:

- Remind players of the no contact rule.