

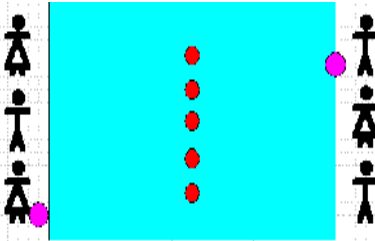



Activity Plan for Group ball games


Week 1			
Activity	How many or how long	How many days	Instructions
Group Ball Games “Bridge Ball” 	20 mins	Total for the week	<p>Bridge ball is a group ball game that is best played with 4 or 6 players and 2 soccer balls. To start this game, have players in a circle formation (facing inward). Each player stands with their feet really far apart (a wide straddle step). Each player stands so that the sides of their feet are against the players beside them in the circle. Each player must keep their hands are on their knees to begin.</p> <p>The object of the game is to throw one of the balls between the legs of any player before they can get their hands down and stop it. Each time the ball goes between the legs of an individual, a point is scored against that individual. The players having the least points against them are the winners. Be sure the players catch and roll the ball rather than bat it. Players must keep their hands on their knees until a ball is thrown at them.</p>

Activity Plan for Group ball games

Week 2			
Activity	How many or how long	How many days	Instructions
Group Ball Game “Galaxy Ball” 	15 mins	Total for the week	Galaxy Ball is another game that can be played with a small group of friends or family. It is ideal to use a soft soccer-size ball. Players form a large circle or square. Depending on the number of players, place 1-3 players in the centre. Their objective is to avoid being hit by the ball. Players on the perimeter roll balls along the ground, trying to hit the inner circle players (either their feet or lower legs). The player who hits someone, gets to take his or her place in the center.
Group Ball Game “Five Pin Soccer”	15 mins	Total for the week	Five Pin Soccer is a fun soccer game that can be played with your friends or family. Before you can play this game, you need 2 soccer balls and teams must be at opposite ends of a field. Place five 2-liter plastic soda bottles in the center of the field. A little gravel in the bottle helps it to stand up and creates more noise and excitement when hit. At the start signal, players kick balls from behind their line trying to knock down a pin. Once a pin is hit, all players must stop kicking the balls, while the player who knocks down the pin must run out and set the pin back up. Every time a pin is knocked over, 1 point is scored for that player’s team. The first team to get five points wins. 

Activity Plan for Group ball games

Week 3			
Activity	How many or how long	How many days	Instructions
Group Ball Games “SPUD” 	20 mins	Total for the week	SPUD is another group ball game that uses a soccer ball. To play SPUD, players are huddled around as one person throws the ball into the air. The person throwing the ball is to shout out someone’s name. The person that was called is to get the ball and yell “freeze” before the other players run away. The person with the ball is to gently try to hit any player by rolling the ball on the ground. If a person is hit they are assigned a letter starting with S from the word Spud. If the person throwing the ball misses then they are assigned a letter. The targeted player will be the one to throw the ball. Once a player has been given all the letters to spell SPUD, they are out of the game.

Week 4			
Activity	How many or how long	How many days	Instructions
Group Ball Games “Crab Soccer” 	20 minutes	Total for the week	Crab soccer is a modified version of soccer that you can play with your friends or family. To play crab soccer, divide your group of players into two teams (it is ideal to have at least 4 people per team – if you have more players, you can simply make your field larger!). You can apply all the same soccer rules to the game of crab soccer; however, instead of standing up, you can only move and kick the ball when in the crab position (See the diagram on this page). The object of the game is to score as many points as possible for your team.