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1. BALL GAMES BOOK
2. **BALL GAMES**
3. **Activity Name:** Bomb
4. **Age Range:** 5-8
5. **Equipment Required:** Soft Ball
6. **Location:** Sports Hall/Playing Fields
7. **How to run the session**
* Get everyone in the group to stand in a large circle. Each person should be able to stand with arms out with just their fingertips touching.
* With the ball, throw the ball around the circle from one person to another. Remember it’s a bomb so needs to be thrown around quickly!
* When someone fails to catch the ball or drops it the group start to spell out the word **BOMB!** When spelling the word the group must continue to throw the ball around the group – at this point the ball can be thrown to anyone. The person who last catches the ball on the final letter of Bomb, ‘B’ is out and sits down in the circle.
* The game continues until the last person is standing.

**BALL GAMES**

**Activity Name:** Dodge Ball

**Age Range**: All

**Equipment Required:** 2 Soft Balls

**Location:** Sports Hall or Playing Fields

# How to run the session

* Pick two people from the group to be the catchers
* Everyone else spreads across the gym hall
* The aim of the catchers is to hit the rest of the group with the ball between their feet and hip.
* The last two standing are the winners.

**BALL GAMES**

**Activity Name:** Ball Game

**Age Range:** 7-15

**Equipment Required:** One Football/Volleyball; 4 cones

**Location:** Sports Hall/Playing Fields

# How to run the session

* Two teams - preferably the same number on each team.
* Mark out a large rectangle area
* Team A starts in the middle of the marked out space, in a circle, with one person in the centre of the circle. The central person has a ball, which they throw to each person in the circle, and receive back again, before throwing to the next person. Each successful catch is counted and shouted out.
* Meanwhile, Team B has to run round the marked out rectangle one by one in a relay fashion. This team are acting like a human egg timer. When everyone in team B has run around the square, the game stops and the number of catches gained by Team A is shout out. The teams swap roles and team B has to try and better A’s number of catches.

**BALL GAMES**

**Activity Name:** Scatterball

**Age Range:** 7-15

**Equipment Required:** 4 different balls, 2 cones, 1 hoop

**Location:** Sports Hall/Playing Fields

# How to run the session

* Set the cones out in a large triangle
* Place the hoop at the top of the triangle (this is where the kicker stands)
* The kicker kicks all 4 balls into a space. When all 4 balls have been kicked, the fielders should collect a ball and run and put it into the hoop.
* While they are collecting the balls, the kicker should run around the triangle as many times as s/he can before the balls are returned to the hoop.
* S/he must stop running as soon as all balls are inside the hoop.
* One of the fielders then becomes the kicker and s/he becomes a fielder.
* Each child competes for themselves rather than for a team

## Safety

* Ensure groups are set out well apart or in a fan shape
* Remind children to be aware of other children running to avoid collisions.
* Balls should be kicked along the ground so that children don’t get hit by flying balls.

**BALL GAMES**

**Activity Name:** Catchball

**Age Range:** 9+

**Equipment Required:** 1 ball; 2 hoops1 whistle

**Location:** Sports Hall/Outdoor pitcj

# How to run the session

**The Game**

Catchball is played on a court that

* Is divided into thirds
* Has a semi circle marked at each end
* Contains a hoop inside each semi circle
* Has a centre circle

**Starting Play**

* Play starts with a pass fro the centre circle by one player passing back to a player on his/her team
* Each team must stand behind the line, inside their defending third until the whistle is blown

**Scoring**

* A goal is scored by the player inside the hoop catching the ball without stepping outside the hoop.
* Once a goal is scored the game restarts with a centre pass.
* Centre passes alternate between the teams.
* The only players allowed inside the semi circles are a hoop player and two defenders.
* The attacking team may not enter their attacking semi circle.

**Rules**

* Players must not move with the ball
* Players have 5 seconds to pass the ball
* No contact of the player should be made during play
* A player needs to be a metre away from the player holding the ball
* A player may not mark another player using their arms – they should use their body only.
* If a player stands too close to a player holding the ball or contacts another player the other team take a free pass and the offending player must stand beside the player taking the free pass until the ball is thrown and they can rejoin play

**Catchball cont…**

* When a ball is knocked out of play via the side lines a side line pass is taken by the other team
* When a ball is knocked out of play via the back lines a back line pass is taken by the other team
* When a ball is knocked out of play via the back lines a back line pass is taken by the other team
* When a defender knocks the ball out play in the semi circle the attacking team take a pass from the back line outside the semi circle
* The only players allowed inside the semi circle are the hoop player and 2 defenders
* The attacking team players may not enter their attacking semi circle
* If the hoop player steps outside the hoop the other team take a back line pass.

**FOOTBALL GAMES**

**Activity Name:** Bump Tag

**Age Range:** All

**Equipment Required:** Footballs

**Location:** Sports Hall/Playing Fields

# How to run the session

* Select 3 players; one of the three players starts the game as the tagger; the remaining 2 players start the game as runners.
* Divide the remaining players into pairs.
* The remaining players lie on their stomachs, on the ground (side by side) with their shoulders and hips touching.
* The pairs of players lying on the ground should be a minimum of 10 yards apart.
* Bump tag is a game where there is one tagger who is trying to tag one of the two "runners".
* The pairs of players lying on their stomachs, on the ground (side by side) can not be tagged; however, once a runner lays down on his/her stomach next to a pair, they bump off the outside player and he/she becomes a runner.
* The tagger attempts to tag either of the "runners"... once a tagger tags a runner, the runner becomes the tagger and the tagger becomes a runner (no tag backs within 5 seconds).
* Play is continuous.

### Competition, variations & restrictions

* Fewer/more taggers
* Fewer/more runners
* Pairs are spaced more than 10 yards apart

**FOOTBALL GAMES**

**Activity Name:** Head, Shoulders, Toes

**Age Range:** All

**Equipment Required:** Footballs

**Location:** Sports Hall/Playing Fields

# How to run the session

* Players in pairs facing each other; each pair with a ball.
* Pairs are spaced 3-4 yards from each other.
* For correct spacing between partners, players should extend their arms toward each other and players should be able to lightly touch finger tips.
* Place the ball directly in between each partner.
* The players put their arms down and wait for directions from the coach.
* Once the players are properly spaced, the coach begins to shout out parts of the body and the players react. For example: If the coach shouts "head" the players touch their head with both of their hands, if the coach shouts "knees" the players touch both of their knees (the same for toes, shoulders, nose etc.).
* The coach continues to shout body parts and at some point, the coach shouts "ball". When the coach shouts "ball", each player (partner) tries to gain possession of the ball lying in front of him/her.
* After the struggle for the ball, the player that does not win possession of the ball must do 5 step ups (or 5 jumping jacks or push ups ... some consequence to get back into the game.)
* After the player that does not have possession of the ball completes his/her consequence, the players space themselves again by touching finger tips.
* After the coach shouts a few body parts called, the coach again shouts "ball" and the players struggle for possession of the ball. (Consequences again for the player not in possession of the ball). The challenge continues until the coach decides to change the rules or start practice.

Head, Shoulders, Toes cont

**FOOTBALL GAMES**

**Coaching Points**

* Have a tournament where winners compete against winners and losers are eliminated from the tournament.
* Last player winning possession of the ball, wins the tournament

**Competition & Restrictions**

* Change the definition of the body parts so when the coach shouts "ball", it really means "head" so the players should touch their head, and when the coach shouts "head", it really means ball and the players immediately try and gain possession of the ball.
* Under the above scenario, if a player touches/grabs the ball when coach shouts "ball", he/she has to complete a consequence.
* Same game as above but the players are spaced standing back to back

**Activity Name:** Draw

**Age Range:** All

**Equipment Required:** Footballs

**Location:** Sports Hall/Playing Fields

**How to run the session**

**FOOTBALL GAMES**

* This is a very popular game with the younger crowd.
* Place players in 2 lines facing each other. Place one football in the middle of the each two players.
* The object of the game is to drawthe ball back using the sole of the foot. The command to “Draw” is given by the coach.
* The fun part is that the coach has to tell a story in which he uses the word “draw” to signal the players.
* For example: Willy and his sister were working on cleaning their rooms. Willy

said “where should I put these socks? And his sister replied , “In your **Draw**er.” Make up really silly stories.

**Progression ideas**:

* Players jog on the spot during the story,
* Players use their non-dominant foot to draw the ball back,
* Players move up a ladder if they win and down if they lose the round and see who can get to the top first.

**Activity Name:** Freeze Tag

**Age Range:** 6-8

**Equipment Required:** Footballs

**Location:** Sports Hall/Playing Fields

**How to run the session**

**Playing**

* Select 1 player who is "it"
* Mark off a grid with cones 10 yards X 10 yards
* Each of the remaining players should be standing in the grid with a ball waiting for the coaches whistle.
* On the coaches whistle, the player who is "it" tags "freezes" as many players as possible
* If a player is tagged, he/she must pick the ball up, hold it over their head and spread their legs.
* To get "unfrozen" another player (teammate) must dribble to and pass the ball through the spread legs of the "frozen player".
* Once the player is "unfrozen", he/she resumes dribbling in the grid.
* If a player dribbles the ball outside of the grid, that player is "frozen".

### Coaching Points

* Players must dribble and keep close control of their ball.
* Players must keep their head up and see where the "tagger" is located.
* Players must dribble away from the "tagger" and dribble towards team mates who need to be "unfrozen".

### Competition & Restrictions

* Coach should keep track of "records"
* In how many seconds can a "tagger" freeze all the players

**FOOTBALL GAMES**

**Activity Name:** 4 Square Game

**Age Range:** 5-8

**Equipment Required:** Footballs, cones

**Location:** Sports Hall/Playing Fields

**How to run the session**

### Playing

* Place coned squares (bases) as shown approx. 10-12 yards from each other.
* Select 2 players who are "it"
* Divide up the remaining players into the 4 squares ... each with a ball
* Coned squares (bases) are approx. 2 yards X 2 yards
* On the coaches whistle, players have 30-45 seconds to try and dribble from their square into as many squares as possible without being tagged by the 2 players who are "it".
* The players who are "it" count how many players they can tag in 30-45 seconds
* The players dribbling the ball may only be tagged once he/she is outside the square (base)
* The player can not be tagged once he/she has dribbled into a square (base) (he/she must have the ball in the square to be safe)

### Coaching Points

* Players must dribble at speed and keep the ball under control to avoid being tagged.
* Players must keep head up and see where the "taggers" are located so they dribble away from the "taggers".

### Competition and Restrictions

* Add to the game, if a player is tagged, he/she must do 5 step ups
(or 5 jumping jacks or push ups ... some consequence to get back into the game.)
* Coach should keep track of "records" for the number of players tagged in the allotted time and the number of squares dribbled into in the allotted time.

**FOOTBALL GAMES**

**Activity Name:** Two Goal Dog Fight

**Age Range:** All

**Equipment Required:** Footballs, cones

**Location:** Sports Hall/Playing Fields

**How to run the session**

**FOOTBALL GAMES**

# Playing

* Split players into 2 even teams ... give each team a name
* Set up small, coned goals approximately 20 yards apart.
* The coach stands on the sidelines with all the balls at his feet.
* Each team lines up behind a cone on either side of the coach.
* When the coach throws the ball into the center of the field, the first player from each line runs onto the field and plays 1 Vs 1.
* Players defend the goal closest to their line and attack the opposite goal.
* Play until a goal is scored or for 30- 60 seconds depending on the heat and the fitness level of the players

**Coaching Points**

* Attackers - attack defenders at speed, make a quick fake, get by the defender and shoot (no out of bounds within reason)
* Defenders - delay, don't commit and channel the attacker to the side, away from the goal creating a poor shooting angle.
* If the defender steals the ball, he/she becomes the attacker and the attacker becomes the defender and 1 vs 1 play continues.
* Play is continuous and the transition from attacker to defender and from defender to attacker must be instantaneous.

### Competition & Restrictions

### Coach starts to call out numbers. If the coach shouts "2" then the first two players in each line run onto the field and play 2 vs 2.

### Coach then starts shouting "3", "4", "5" creating 3 vs 3, 4 vs 4, and 5 vs 5 games respectively.

### Play games to 5 and the losing team does 5 jumping jacks.

**Activity Name:** Fire Drill

**Age Range:** 5 –10

**Equipment Required:** Footballs, cones

**Location:** Sports Hall/Playing Fields

**How to run the session**

**FOOTBALL GAMES**

# Playing

* Place equally skilled players together in the same group. Have 2 groups per grid so one group is resting while the other group is active.
* Place 4 coned squares 10 -12 yards apart.
* Start with 4-9 balls in the middle of the grid and each player starts in his/her home base.
* The object is to get as many balls into your home base as possible in the allotted time. Players take the balls from the centre of the grid initially and then the players may "steal" balls from the home base of the other teams

### Coaching Points

* Players may not "guard" balls in their home base.
* Players may not "steal" the ball from an opponent when he/she is dribbling or carrying the ball to their home base.
* Play games of 1.5 - 3 minutes depending on the fitness level of the players and the heat.
* For younger players to get the idea of the game, have the players use their hands to take the balls from the middle and their hands when they "steal" the balls from the home base of the other players and carry the ball back to their home base.
* Once the players understand the game, players then may only use their feet to dribble to and from the middle and to and from the home base of the other players.
* Players may only pick up or dribble one ball at a time.
* Whichever player has the most balls in their home base at the end of the designated time is the winner ... losing team does 5 jumping jacks

**Activity Name:** Kick Out

**Age Range:** All

**Equipment Required:** Footballs, cones

**Location:** Sports Hall/Playing Fields

**How to run the session**

**FOOTBALL GAMES**

# Playing

* Mark a grid with cones approximately 10 yards x 10 yards.
* All players start in the grid and each player has a ball.
* On the coach's whistle the players begin dribbling inside the grid keeping close control of their own ball while trying to kick the balls of the other players out of the grid.
* If a player gets his/her ball kicked out of the grid, he/she must do 5 step ups before re entering the grid and continuing the game

### Coaching Points

* While dribbling the ball, players should keep the ball under close control while waiting for the opportunity to kick another ball out of the gird.
* Play is continuous.
* Players should keep their heads up to see where they are dribbling and whose ball is unprotected and could be kicked out.
* If the players are not actively pursuing each other, the coach should enter the game and begin to kick balls out of the grid.

### Competition & Restrictions

### After a player's ball has been kicked out of the grid, they must stay out and be a spectator. Play continues until there is only one player remaining (with his/her ball) in the grid ... that player is The World Champ of Kick Out!

### Instead of players doing step ups to re enter the game, have players do 5 jumping jacks or some other consequence to re enter the game.

**Activity Name:** 1vs 1 vs 1

**Age Range:** 8-16 years

**Equipment Required:** Footballs, cones

**Location:** Playing Fields

**How to run the session**

**FOOTBALL GAMES**

### Playing

* Place 3 cones approximately 15-18 yards apart in the shape of a triangle
* Split players into groups of 3.
* Place 2 groups of three players at each coned area.
* One group of 3 plays 1 vs 1 vs 1 while the other group of 3 rests.
* Each player plays as an individual.
* No out of bounds (within reason).
* The object of the player in possession of the ball is to score goals by hitting a cone with the ball ... the 2 players without the ball attempt to stop the attacker from scoring and try to gain possession of the ball to score themselves.
* Each player plays for himself/herself. The player in possession of the ball is always dribbling against 2 defenders.
* After a defender has gained possession of the ball, he/she becomes the attacker and attempts to score against the 2 defenders.
* After an attacker loses possession of the ball, he/she becomes a defender and attempts to win the ball back and score.
* After scoring a goal, players must dribble at least 5 yards away from the cone before scoring at the same cone again.
* Play is continuous until a player scores 2 goals.
* First player to score 2 goals is the champ.
* Once a player scores 2 goals, that group of three players rests and the three players that were resting come on the field and play 1 vs 1 vs 1.

### Coaching Points

* + Attackers should dribble and attempt to score at goals that are open (not as well defended).

### To score goals ... attackers should use fakes, change of speed and change of direction.

**Activity Name:** Two Touch Game

**Age Range:** 9-16 years

**Equipment Required:** Footballs, cones

**Location:** Playing Fields

**How to run the session**

**FOOTBALL GAMES**

# Playing

* Divide players into pairs ... standing approx.10-15 yards apart.
* One ball per pair
* Place cones 2 steps apart
* The coach blows the whistle & each team plays 2 touch passing between the cones.

### Coaching Points

* Players receiving the ball should get in the path of the ball before it arrives.
* The players first touch should help position the ball so he/she can make a good pass back to his/her partner with the second touch.
* The trap sets up the pass so the player should not stop the ball dead beneath their body but push the ball slightly to one side or the other.
* Trapping to one side creates time and space between the player and the oncoming defender.

**Competition & Restrictions**

After the players play & understand the game for a few minutes, introduce:

* On the coaches whistle, players begin the 2 touch passing game ... The last team that is able to keep the ball moving between the cones (with 2 touches) wins the game.
* Restrict games allowing all traps & passes to be with the left foot only, right foot only, instep only, trap with the left & pass with the right only, etc.

**Activity Name:** Fast Feet

**Age Range:** 8-16

**Equipment Required:** Footballs, cones

**Location:** Playing Fields

**How to run the session**

# Playing

* 4 players per group
* Group the better skilled players together.
* For ages 8-9, the red, blue and green players should stand about 5-7 yards from the purple player and about 2 yards from each other.
* For ages 10 and higher, the red, blue and green players should stand about 10 yards from the purple player and 2 yards from each other.
* The purple player receives a pass from a player with a ball. The purple player then passes the ball to the player that does not have a ball.
* Immediately after the purple player has passed the ball to the player without a ball, the remaining player passes the ball to the purple player who then passes the ball to the player without a ball.
* Play should be fast and continuous
* For ages 6-9, the yellow player should play 2 touch soccer (trap/stop the ball then pass).
* For ages 10 and up, the purple player should play 1 touch soccer.

### Coaching Points

### It's very important that as soon as the purple player has passed the ball to a player without a ball, that another ball is immediately passed to the purple player.

### All players, especially the purple player, are on their toes.

### Rotate players after 15-25 good passes.

**Competition & Restrictions**

* Have the purple player stand very close (2-3 yards) from the red, blue and green players so it forces quick passes, players to be on their toes and the purple player to keep his/her head up to see which player does not have a ball and should be targeted for a pass.

**FRISBEE GAMES**

**Activity Name:** Disc Football

**Age Range:** All

**Equipment Required:** Frisbee

**Planning Required:** None

**How to run the session**

**FRISBEE GAMES**

* Split the group into two teams
* Frisbee Football is an all passing football game without the football
* To start the game, the starting team ‘kicks off’ by throwing the Frisbee down field to the receiving team.
* The receiving team must catch the Frisbee in the air, or pick it up off the ground to advance it.
* A fumbled/dropped Frisbee is considered dead and the offensive team retains possession as long as they have downs remaining
* The offensive teams has four downs to score
* Passing and catching the Frisbee is the only way to advance down the field.
* When they reach the touchdown (goal line) they have scored.

**Activity Name:** Disc Rounders

**Age Range:** 7-16 years

**Equipment Required:** Frisbee and cones

**Location:** Playing Fields

**How to run the session**

* Similar to rounders, divide the group into two equal teams – one fielding and one batting.
* There is no bowler, however fielders should spread across the area.
* There should be five bases marked out by cones. Home = cone 1, then cones 2-5 should be evenly set out as bases.
* There should be a fielder at each base.
* To bat, the batter must step forward to cone 1 and throw the Frisbee as far as possible.
* The batter should then run to 1st base and other bases if his/her throw allows.
* The batting team can be caught out if the Frisbee is caught 3 times.
* The team with the most runs are the winners.