

● You'll need: foam balls, pinnies, cones

● You can play: in the gym, on the field, on the blacktop

### Energizer



### Duck Fights

Sit in the bottom of your squatted position, with your opponent doing the same, within an arm's length apart. Hands must be touching, and the goal is to knock your opponent off balance first. If you fall over or use your hand to balance, you lose that round.

### Skill Practice



### Fireball

Played exactly like Everybody's It Tag, but will foam balls instead. If you can throw and hit someone, they must go "down". That person is down until the person who hit them gets hit. The teacher can also bring everyone back into the game by yelling "jailbreak". The game ends if someone can manage to hit everyone themselves, but this is unlikely to ever happen.



Use a larger space to make the game a little more exhausting. Don't allow people with a ball to move.



Use a smaller area and play with a lot of jailbreaks to keep everyone active!

### Group Activity



### Team Ball Tag

A game that builds off of Team 11 pass. Two people with pinnies are "it". They try to touch others with a ball, all within an allotted space. Players cannot move their feet when holding the ball; they can only pass to other people wearing pinnies. If a player is tagged they put on a pinnie and join the taggers team. Use a smaller playing space and increase the size as kids get good at the game. Encourage kids to work together to build a strategy to tag everyone.



Larger space (harder for taggers). Smaller space (harder for runners). To make make it even easier on taggers, allow players to roll or bounce the ball.



Larger ball makes tagging easier. Enclose the space more if taggers are having trouble tagging anyone - or add a third or fourth tagger to start.

### Debrief



- What was your strategy at the beginning to tag people?
- How did you stay untagged for as long as possible?