



You'll need: Cones, polypots, foam balls, nets, pinnies

You can play: outside, in the gym, on the blacktop

Energizer



See it, Move it

Split the group into teams of 4. Each team receives 6 polypots/cones to be placed on the ground in two rows about six feet apart. Three of the players stand on the cones, and the fourth player stands in the middle of them. The players on cones have a ball that they must throw back and forth, while trying to keep it away from the player in the middle. These players can move from cone to cone, but they must be on a cone when they throw/catch the ball. If the ball is intercepted or hits the ground, then the player in the middle moves to the cones and one of the players on the cones moves to the middle.



Skill Practice



Herd the Buffalo

Create large coned areas in the corners of the play area to be herding zones. Choose 6 people to start as hunters. The hunters' objective is to guide or 'herd' the buffalo into the corner zones. Hunters must link arms (or hold an object like a pinnie or scarf between them) in groups of two or more. They then try to herd the buffalo in to the designated zones without touching them directly. Buffalo cannot pass between or underneath the arms of the hunters, making it easier for the hunters to direct their movement. Once a buffalo is successfully herded into a designated zone, they join the hunters. The game continues until all buffalo have been herded.

Group Activity



Turmiopallo

Split the play area in half and place a net on each side. Place cones in a big circle around the nets to create a 'crease', and along the centre line to indicate the boundaries. Split the group into two equal teams and assign each to a side of the play area. Place numerous foam balls of different colours into the play area. Teams are NOT allowed to cross over the midline into the other teams territory, but must try and throw the foam balls into the other teams net to score a point. Only certain coloured foam balls (i.e., red, orange, yellow) can be used to score points. Other colours (i.e., blue, pink) can be used to get players on the opposing team out. If hit with the correct colour of foam ball, players who are out can either sit down and wait to be saved, or complete a task on the side of the play area. Goalies are safe and cannot get out, unless they leave their crease.

Progressions and Modifications

See it, Move it

- Create larger teams (~6) and have players on the cones throw two foam balls
- Have the throwing players throw with their non-dominant hand only
- Throwing players are only allowed to hold onto the ball for 3 seconds
- Players holding the ball are frozen and cannot move from cone to cone
- Players throwing the ball can't throw back to the player they received it from

Herd the Buffalo

- Create rules that limit the number of hunters being able to be linked together. For example, no more than six.
- Move the herding zones out from the corners in to the middle of the play space.
- The buffalo are not allowed to enter the herding zones to try and escape.

Turmiopallo

- Assign each coloured foam ball a different level of points, or a different task to complete upon being hit
- If a goalie is hit outside the crease, no other players can take their place until they complete their task and return to the game
- Move the nets up closer to the midline, or use larger nets
- Allow players to move across the midline to a certain point (i.e., create a 'no man's land' in the middle)