

PROGRAMME

CARD // SPORT EQUIPMENT

BADMINTON GAMES

Ping pong badminton – badminton set required

Normal badminton scoring rules apply, first to 21, but players must alternate hitting the shuttle with their partner. This game is great for working on coordination and endurance. It's also strategic since players must decide where they should hit the shuttle. This game can be played cooperatively or competitively.

Around the world – This can be played using the badminton rackets, the ball as a volleyball or the ball as a football.

Players line up on each side of the net. The first player feeds the shuttle/ball and must run to the other side of the net to join the opposite line. Players continue to switch sides of the net after they hit the shuttle/ball.

Play cooperatively with 4 players by seeing which team can have the longest rally or play by eliminating individuals after they lose the point. The last person is the winner!

King of the court - This can be played using the badminton rackets, the ball as a volleyball or the ball as a football

Challengers line up on one side of the court, while the champion is on the other side. Challengers must win two points in a row to take the champion's spot. If a challenger loses a point, they go to the end of the line and the next challenger feeds the shuttle. Switch the game up and play doubles points with more players!

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FRISBEE GAMES

Frisbee Rounders

Trade your bat and ball for a Frisbee! Just like regular rounders, team try to earn the most runs. 'Batter's throw a disc and run around to try and get 'home.' If fielding players catches the disc, the batter is out, or if the fielding team get the disc to the bases before the runner reaches safety.

Frisbee Flip

Split the group in to two, each team to pick the 'top' or bottom' of the Frisbee. One team is to flip the Frisbee into the air as you would a coin. As soon as it lands, the team of which the side the Frisbee is facing must run to a predetermined spot. The other team must try and catch them before they reach it.

Players which are caught are 'out' the game continues until one team has no players left.

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BALL GAMES 1

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Piggy in the Middle – this game is designed for using the ball as a volleyball.

Place one player in the middle and two players either side.. The players working together aim is to volley the ball back and forth and the middle player tries to block the ball. The volley team gets 1 point for five consecutive legal volleys without either player leaving his box. The blocker gets a point for every block. The first to 5 points wins. This game teaches hitting and blocking skills.

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BALL GAMES 2

Foot Tennis – set the portable net up and use the ball as a football. There are no defined rules to play foot tennis, everyone can play it in the way they want to, however there are some general rules that most people use to play the game.

How to serve – Drop the ball, let it bounce once on your side and then kick it over the net to your opponent's side.

Touches – Maximum of three touches per team, before getting the ball over the net to the opposition, with the same player not allowed to touch the ball more than two consecutive times.

Battleship Volleyball

The objective of the game is to knock out as many opposing team battleships as possible.

1. Split the group into two equal teams.
2. Line each team in an equal number of rows, both horizontal and vertical, on their side of the court.
3. Play according to normal volleyball game rules.
4. Players who touch the ball without returning it, sit out of the game.
5. When it's time to rotate, teams rotate all players clockwise, leaving gaps where any player was already knocked out.
6. Any two open spaces directly next to each other in one row is one battleship sunk.
7. Any three open spaces directly next to each other in one row is one battleship sunk.
8. The first team to sink their opponent's two-person battleship and three-person battleship is the winner.

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BALL GAMES 3

Keep Ball – this game can be played with the ball being passed with your hands or feet.

Split the group into two teams

The aim of the game is to keep the ball within your team for as many consecutive passes as possible.

Set a target which you would like to aim for, 10 is a good starting point, however if the opposition deflects or takes the ball the team who loses possession goes back to zero.

The team who stole the ball now has to try to reach the target set.

When a team reaches the passing target, they receive 1 point, first team to 5 points.

Catch, Palm Game – Lose a limb

You can make up a range of different games using the catch, palm game.

One game to get you started is 'lose a limb.' With your partner throw the ball for your partner, if your partner does not catch the ball with their pad the 'lose a limb' for example have to balance on one leg. The next limb lost could be you kneel on both knees etc. Have fun!