

Super Programs - DON't Forget Your C.A.P.E.

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Keep It Alive

(great warm-up before small-sided O/D activities)

All students in the group will work together to pass a large collection of balls while continually moving. The teacher will use between 8-10 balls (per group of 24 students). When the activity begins, all students in the group must move in the playing area. Players with the ball have 3-5 seconds to pass the ball to another person in the group. No ball may touch the floor or the activity starts. Students should be looking to make good passes to a moving target while moving too.

While the activity is going, the teacher will be giving feedback and will stop the activity to share tips to increase success (i.e. – making eye contact, having hands up and open to receive a pass, give signals that you are ready (clapping hands), etc.). To increase the challenge, increase the number of balls being used, lower the amount of time before a pass is made, have students play the game without talking, etc.)

ROLLERBALL (3 v. 3) (from Dr. Curt Hinson)

Equipment: for a class of 24 – 8 hula hoops, 8 bottles/bowling pins, 8 gatorskin balls

Skills: Rolling, Offense, Defense, Teamwork, Strategy

Organization: Four courts will be set up in an open space (see diagram below).

Activity:

VERSION 1 - Students will get into groups of 3s and place their feet inside a hula hoop facing another team. To begin, each team will number the players 1, 2, and 3. Player 1 will start with the ball and have one foot in the hoop. Players 2 & 3 will start even with the hoop. The player with the ball may not move his/her feet. The ball must be rolled from player to player. The object is to pass the ball across the playing area to the opponent's bottle/pin and knock it down. In this version of the game, there is no defense. The teams must make at least 3 passes (so that each player touches the ball) and the player who starts the round will be the player who gets to attempt to knock the bottle/pin down. No player may go inside the hoop. After each round, the next number player will begin the round. The teams will see how many times they can knock down the bottle/pin before time expires. If students demonstrate proficiency, they may advance to the second version of the game.

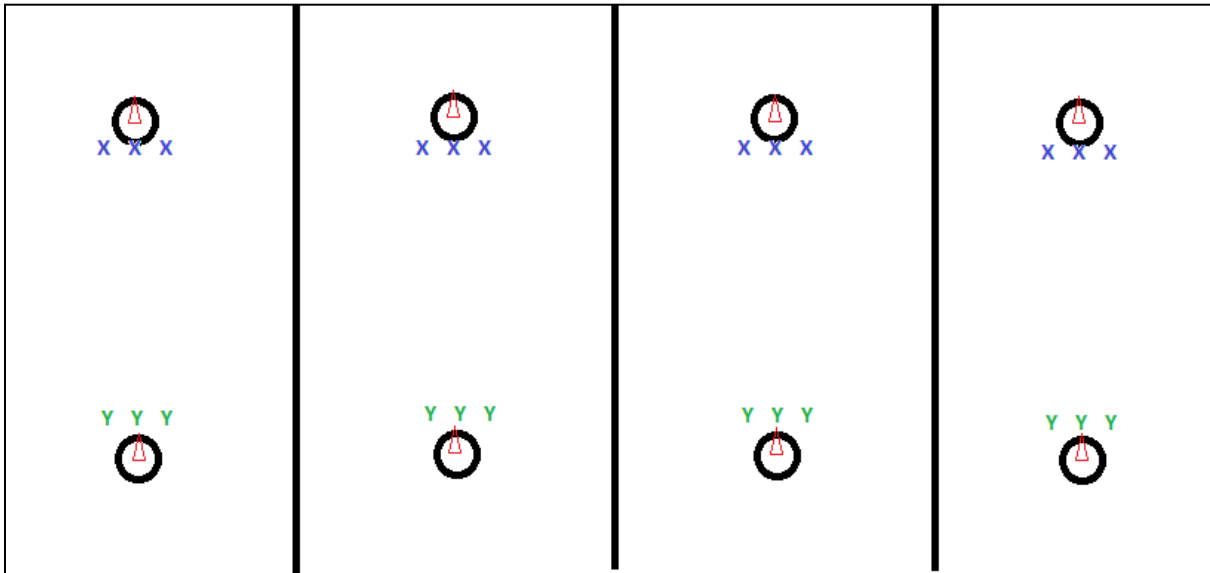
VERSION 2 – For this version, there will be only one ball per game. Both teams must start by their hoops and when the person with the ball says go, all players may begin moving. As before, the ball must be rolled from player to player. This time, the team without the ball may play defense and attempt to block or intercept the ball. If the ball goes out of bounds, the team who touched it last will turn over possession. If the ball goes out of bounds or there is a change of possession due to a rule infraction (i.e. – throwing the ball), the ball must be passed at least one time before an attempt can be made to knock down the target.

Adaptations/Tips:

1) Remind students there is no diving or sliding for safety reasons.

2) Remind students that they can use the space behind the hoops to get an advantage when attempting to score.

3) Use version 1 as an opportunity to refine the skills needed to play the actual game (Version 2).



5 Passes

Students are put into groups of 4-6 students. One team will begin with the ball and attempt to complete 5 consecutive passes without dropping the ball or allowing a “pass back”. While passing the ball, the team with possession must all call out the number of passes that have been completed as they happen. If the ball is dropped, there is a pass back, players forget to call out a number, or the defense intercepts the ball then the possession changes to the opposing team. The objective of the game is two-fold. First, while on offense, teammates should be looking for open space and communicating. Second, the defense should be covering players and attempting to block or intercept the ball. Each round is played for a certain amount of time and then each team can find a new team to play.

Hunter and Prey

Split the group into two equal teams (4-5 player per team). Each student will wear a colored pinnies or flag to designate the team for which they are playing. The objective of the game is to score points by tagging any member of the opposing team while holding a soft ball. The team in possession of the ball must pass the ball in attempt to get it close enough to an opposing team member to tag them. The person holding the ball is allowed a pivot step but may not take additional steps after catching the ball. If a player from the other team is tagged or the ball is dropped, the other team will assume position of the ball. When the new team takes possession of the ball, **the person who has the ball will count to 5 out loud** and then begin passing the ball. It is important to remember that at no time during the game can the defense interfere when a ball is being passed.

If one player from a team is being singled out to be tagged each round by one or the other team, the rules can be adapted so that a new person must be tagged from the defensive team in order for the point to count.

The game can continue until a certain point is attained or a designated amount of time.

3-Pass Advance

Students will work in groups of three for this activity. Each team will have a coated foam ball and start at one end of the playing area. On the other side of the playing area beyond the end line that is marked with cones, the teacher will have some target set up (plastic laundry baskets stacked, stacked cots, plastic bottle, bowling pins, etc.). When the activity begins, the team will begin passing the ball through the air and advancing down the playing area. The player with the ball may only pivot when he/she has possession. If the ball is dropped, the entire team must go back to the starting line and begin again. If the team is able to advance down the field, they may take a shot at the targets at the end of the playing area. The teacher can designate points for completing the task. Students can earn bonus points for completing the task to hit target (throw with non-dominant hand, underhand toss and hit the target, throw ball through legs and hit the target, etc.).

Sumo Slam Ball

Split the group into two equal teams. Each student will wear colored pinnies to designate the team for which they are playing. The objective of the game is to score points by tagging any member of the opposing team while holding a soft ball. The team in possession of the ball must pass the ball in attempt to get it close enough to an opposing team member to tag them. The person holding the ball is allowed a pivot step but may not take additional steps after catching the ball. If a player from the other team is tagged or the ball is dropped, the other team will assume possession of the ball. When the new team takes possession of the ball, the person who has the ball will hold the ball with two hands, touch the floor, then begin passing the ball. It is important to remember that at no time during the game can the defense interfere when a ball is being passed.

The game can continue until a certain point is attained or a designated amount of time.

4-Down Touchdown

This is a small sided activity that requires teamwork and cooperation. Students will review the names of football positions (i.e. – center, quarterback, receiver). Students will also have multiple opportunities to practice throwing and catching throughout the activity.

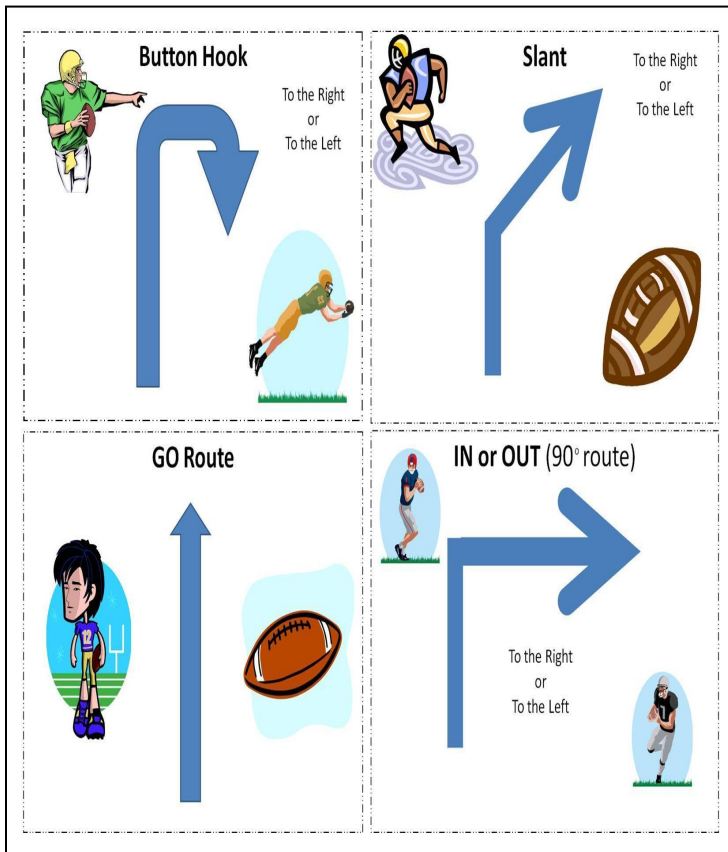
The teacher will have the students get into small groups of twos or threes for this activity. Each team will have one polyspot and one football. The teacher will set up boundaries for the game. The players will always start at one end of the field and travel toward the “endzone”. The objective is to make as many touchdowns as possible in four passes or less.

If playing with groups of twos. Partner A will be the center to start and will stand near the polyspot with the ball. Partner B will stand behind Partner A and will be the quarterback. When Partner B says “hike”, the center (Partner A) will hike the ball either through their legs or using a side hike (depending on the directions from the instructor) to the quarterback (Partner B). Afterward, the center (Partner A) will turn into the receiver and go out for a pass. When the quarterback tells the receiver to stop, he/she will turn around and try to catch the ball thrown by the quarterback. If successful, the team will move the polyspot to the location where the ball was caught and the partners will switch jobs. If the ball is dropped, the receiver will bring the ball back and the partners will switch jobs.

If playing with three partners, Partner A will be the center, Partner B will be the quarterback, and Partner C will be the receiver. The rotation will be center to quarterback to receiver, etc.

ADAPTATIONS:

- 1) To help motivate your students provide incentives for scoring “touchdowns”. If the students can make a “touchdown”, they can collect some “Bling” (rubber bracelets, wrist bands, plastic rings, pretend money, etc.). If the team can score the “touchdown” in four or fewer throws, they can collect more of the designated item (2, 3, or 4).
- 2) For more advanced groups, give them a selection of patterns that the quarterback can choose for the receiver to run (example pattern cards are attached below).
- 3) To extend the activity, add defense to the game. The team on offense will work together to try and make successful throws and catches. The defense will try to block or intercept passes. If a ball is intercepted or the defense cannot reach the “endzone” in the required number of plays, the defense goes back to the start line and becomes the offense. Any time a score takes place, the offense and defense switch jobs.



Multi-Goal Soccer

In a large open space spread out 4-8 “goals”. A “goal” can be a GenMove MultiGoal or place three 12”-18” cones close together like a tee and place a large ball on top (Omnikin 6 ball or beach ball).

All of the students will find a partner for this activity (you can have groups of 3 if needed). The teacher will select a pair of students per goal to start as goalies. The goalies will work together to protect all sides of the goal during the game. All of the remaining pairs will collect one ball and start in the center of the playing area near the “starting cone”. When the game begins, the teams will move toward any goal and attempt to score a goal. More than one team may attack a goal at the same time. Teams can score the goal from any direction around the goal. When a goal is scored (the ball must touch the net, or knock the ball off the cones), the goal will be placed on its side while the goalies and goal scorers switch places. When the new goalies are ready, they may lower the goal or place the ball back on the tee to start. The old goalies will move their ball to the center of the playing area and touch the “starting cone” before they may attempt to score a goal.

Tips:

- For safety, the goalies may only use their hands if the ball is above their waist.
- If a goal stops a ball, he/she may drop kick it in any direction
- Encourage partners to work together to pass the ball and score the goals.
- Remind teams that they can score from any direction around the goals.
- Use different skills and equipment to throw, kick, or roll to the target.
- To motivate goalie play, use a stop watch at each goal. When the goalies begin they start the timer to see how long they can remain goalies.
- Play with students in groups of 3. This allows players to practice and develop triangle offensive practice.

*** This activity can also be used to practice hockey skills and team handball (throwing and catching) skills.



Lord of the Rings – This activity was originally an activity that I used with noodles, it has turned into much more than that

Version 1 (Noodles, Dodging & Fleeing)

Place 4-6 hula hoops in the center of the playing area in a straight line (hoops should be 5-8 feet apart). The teacher will select 4-6 students to be the "orcs" and stand in one of the hoops in the center of the playing area. Each "orc" will have a noodle piece (2-foot) in their hand. The remainder of the students ("hobbits") will line up on either side of the playing area. The sidelines will be considered the hobbit village.

When the game begins, the "hobbits" will travel from the village toward the rings in the center of the playing area and try to collect "Magic Ring Points" by touching their foot in a hoop and returning back to their village. The "hobbits" may not cross over to the other side of the playing area (safety issue that could cause students to run into each other). The "hobbits" can touch the foot in the hoop and return to the village without being touched by an "orc", they will receive the amount of "magic ring points" designated by the teacher. The "orcs" will try to protect the rings from the "hobbits" by tagging the "hobbits" below the knee with their noodle piece. The "orcs" may not stand in or over a hoop when the game begins and can chase the "hobbits" if they would like.

After rounds between 1-2 minutes, the "orcs" can choose a new person to take their place and the game will continue.

ADAPTATIONS:

- 1) If the “hobbits” are having a hard time scoring points, increase the number of hoops in the middle of the playing area or decrease the number of “orcs”.
- 2) To add a team component, have students who collect points collect an object (like a noodlette) to help the team members keep score. The team with the most noodlettes at the end of the round wins.
- 3) To add additional challenges for students, add bonus points for touching different body parts into the hoop (hand, knee, belly, etc.). For this version, make sure that the game is played outdoors in the grass.

Version 2 (Rolling, Throwing, and Catching skills, Hockey Defense)

Place 4-6 hula hoops in the center of the playing area in a straight line about 5-8’ apart. A plastic bottle (i.e. – 2 liter bottle) or bowling pin will be placed in the center of each hula hoop. Students will get into groups of 3 or 4 depending on class size and equipment available. Each team (the Hobbits) will start at one end of the playing area or the other (mark each team’s starting point with a cone) and will have one gatorskin ball per team. The objective of the game is to score points by having a teammate roll the team’s ball and knock down a bottle/pin.

To begin, the teacher will choose one or two teams (depending on class size and amount of equipment available) to be the Orcs who will defend the rings in the middle of the playing area. The Orcs can travel anywhere inside the playing area to play defense with the exception of the hula hoops. A defender may not stand over or stand in a hula hoop. The Orcs will have a noodle piece or a polo hockey stick to use for defense. Orcs may NOT knock a ball out of a student’s hands but can block or intercept balls that are passed (using their hands). An Orc may block a ball that is rolled using the defensive implement or any body part. The Hobbits will try to move their ball across the playing and close enough to roll the ball so that it knocks down a bottle/pin. When moving the ball, the Hobbit with the ball can only pivot. To advance the ball, the teammates must pass the ball from player to player. If the Hobbits drop their ball, the ball is intercepted or a player attempts to roll the ball and misses, they will have to go back to their starting spot and restart.

ADAPTATIONS:

- 1) If the “hobbits” are having a hard time scoring points, increase the number of hoops in the middle of the playing area or decrease the number of “orcs”.
- 2) After about 2-3 minutes, choose new teams to go into the center of the playing area and play defense.
- 3) Remind all players that this is a non-contact game and all defenders must give offensive players at least a 3’ bubble so they can pass or roll the ball.

Version 3 (Throwing and Catching, Offense (Triangle Offense), and Defense)

Place 4-6 hula hoops in the center of the playing area in a straight line about 5-8’ apart. A plastic bottle (i.e. – 2 liter bottle) or bowling pin will be placed in the center of each hula hoop. Students will get into groups of 3 or 4 depending on class size and equipment available. Each team (the Hobbits) will start at one end of the playing area or the other (mark each team’s starting point with a cone) and will have one gatorskin ball per team. The objective of the game is to score points by having a teammate catch the team’s ball while standing in one of the hoops in the center of the playing area.

To begin, the teacher will choose one or two teams (depending on class size and amount of equipment available) to be the Orcs who will defend the rings in the middle of the playing area. The Orcs can travel anywhere inside the playing area to play defense. Orcs may NOT knock a ball out of a student’s hands but can block or intercept balls that are passed. The Hobbits will try to move their ball across the playing area and have a teammate catch the ball with a foot in one of the hoops. When moving the ball, the Hobbit with the ball can only pivot. To advance the ball, the teammates must pass the ball from player to player. If the Hobbits drop their ball or the ball is intercepted, they will have to go back to their starting spot and restart.

ADAPTATIONS:

- 1) If the “hobbits” are having a hard time scoring points, increase the number of hoops in the middle of the playing area or decrease the number of “orcs”.
- 2) Build additional skills by changing the equipment that is used for passing (i.e. – use footballs, Omnikin balls, basketballs, tennis ball, 5” gatorskin ball, Frisbee, etc.). Using a different piece of equipment adds to the challenge and fun.
- 3) After about 2-3 minutes, choose new teams to go into the center of the playing area and play defense.
- 4) Remind all players that this is a non-contact game and all defenders must give offensive players at least a 3’ bubble so they can pass or roll the ball.