Small Sided Games
3 on 3 and 4 on 4
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Soccer:
This game is played on half or full in-door basketball court with the end walls (height and width adjusted appropriate to age and skill level) as the goals. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play.
Equipment: Indoor Soccer Ball, Pinnies, Cones

Team Handball (Ultimate rules applied)
Two teams play each other on a small team handball court* using Pugg goals as the goals and Ultimate Frisbee rules as guides (no moving when ball is in your hand). A goalie and the defenders can defend the goal area but the offense may not go into the goal area to shoot, retrieve a ball or pass. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play.
Equipment: Team Handball, Dino Skin Ball, Pugg Goals, Tape, Pinnies

Floor Hockey
Two teams play floor hockey (no checking, no contact, no goalies) on half or full basketball court. The goal is the end of the court two feet high. Penalties are assessed for high sticks, checking and any other rules you may want to enforce. A penalty puts the player out of that game but may return when their team wins or proceeds through the strategy line to their next game. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play.
Equipment: Foam Hockey Sticks, Foam Ball, Pinnies, Cones

Volleyball
Two teams (3 on 3 or 4 on 4) play vs each other in a game in which 3 points wins the game. The winning team stays and the second place team moves to the strategy line. Net and court size are based on skill, age and available room.
Equipment: Volleyball, Nets, Beachball

Tchoukball
This new and exciting game of passing, throwing and catching challenges all levels of players into thinking new strategies and teamwork. A team scores a point when it throws the ball against either Tchouk and the opposing team does NOT catch it. In the small area games it is best to use Ultimate rules of no dribbling. There is NO DEFENSE on the passing or shooting. The only defense is to catch the ball that is thrown against the Tchouk before it touches the ground outside of the circle. An offensive player may not enter the Tchouk circle to throw a ball. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play.
Equipment: Tchoukball goals, team handball type ball, pinnies, floor tape

Striker
Two teams of 3 play together in this striking game, defending their goals while working as a team to score a goal by striking the ball with their hands so it goes under the goal flags of their opponents.
Equipment: Striker goal flags, foam ball, cones