

Let's Go Play

How to increase physical activity levels at recess

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About Curt Hinson

Curt Hinson Ph.D., has taught at both the elementary school and university levels over the past 30 years. He currently works as an educational consultant for PlayFit Education Inc., presenting staff development workshops for school districts, teachers, and students. In addition, he teaches in the on-line graduate program at Canisius College in Buffalo, NY and is an adjunct professor at Rowan University in New Jersey. He holds a Ph.D. in Kinesiology, a Masters of Education degree, and a BS degree in Health & Physical Education.

Dr. Hinson is the author of three books, *Fitness for Children*; *Games Kids Should Play at Recess*; and *6-Steps to a Trouble-free Playground*. In addition, he has published over 50 articles related to teaching and is the creator of the “*Trouble-free Playground*” recess program for elementary schools.

Dr. Hinson has made presentations in all 50 states, as well as in Washington, DC, Puerto Rico and the Virgin Islands. His practical, hands-on teaching techniques, along with his enthusiasm, make him one of the most dynamic educators in the country. He was the 1992 National Association for Sport and Physical Education Eastern District Teacher of the Year and the 1991 Delaware PE Teacher of the Year. He is a member of the American Alliance of Health, Physical Education, Recreation and Dance; the National Association for Sport and Physical Education; and the American Association for Physical Activity and Recreation. Dr. Hinson has been featured in the *Wall Street Journal*; *Disney's Family Fun* magazine; and on the *Fox News Network*. His *Trouble-free Playground* program is currently being implemented in schools in all 50 states.

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Let's Go Play: How to increase physical activity levels at recess

Asteroid

Objective: Throwing; catching; quick reaction; agility; teamwork; aerobic endurance.

Equipment: 1 soccer ball (or similar) and 1 coated foam ball for every four players.

How to play: Place the children in teams of two. The game is played two v. two. One team has a soccer ball (called the planet) and the other team has a foam ball (called the asteroid). The team with the planet must kick the ball around the field, keeping it away from the asteroid. The team with the asteroid must throw the asteroid at the planet and hit it. When the asteroid hits the planet, the team who threw the asteroid takes possession of the planet and the teams switch roles. The person with the asteroid cannot travel with it, they must throw it to a teammate to get close to the planet. The team with the planet can only use their feet to move the ball around the area.

Bucket Ball

Objective: Throwing; catching; hand/eye coordination; quick reaction; agility; teamwork; aerobic endurance.

Equipment: 1 Soft/foam ball for every group of 6-8 players; two buckets; two hoops.

How to play: Set up two buckets approximately 40-60 feet apart. Put a hoop around each bucket.

Place the students in teams of 3 or 4 players. One team is on offense and begins with the ball. The object is to get the ball into the opposing team's bucket. A player with possession of the ball cannot travel with the ball, however they can pivot (as in basketball). To advance the ball down the court players must pass the ball to each other. Bounces passes are allowed, but only one bounce. If a ball bounces more than once or rolls on the floor it goes to the team that didn't have possession. A team scores one point when they get the ball into the bucket. Play then resumes with the other team in possession of the ball. Defensive players can intercept and knock down passes. Defensive players are not allowed to touch offensive players. No one can step inside of the hoop.

Catch Five

Objective: Throwing; catching; teamwork; cooperation.

Equipment: One football (or other ball) for every group of 6-8 players.

Set-up: The students form teams of 3 or 4. This game is played either 3 vs. 3 or 4 vs. 4. You can have more than one game going on at a time. Mark off boundaries for each game approximately 30-40 feet by 30-40 feet.

How to play: One team starts on offense and has the ball. The other team is on defense. The object is for the offensive team to pass the ball to each other, trying to make five consecutive passes and catches without dropping the ball or having the defensive team intercept it or knock it down. If five successful passes and catches are made, the team scores one point and the ball now goes to the other team. If the ball is dropped, knocked down or intercepted by the defensive team, the defensive team takes possession of the ball and goes on offense. The game continues for a predetermined amount of time or until one team scores a predetermined amount of points. Defensive players are not allowed to touch offensive players who are trying to make a pass. If they do, the thrower is allowed to throw again. If a defensive player touches an offensive player who is attempting to catch a pass, "interference" is called and the catch counts, and the offensive team continues. Throwers cannot travel with the ball, but they are allowed to pivot their feet as in basketball, but must stay in one place. Other players can move anywhere within the designated boundaries.

Circle Ball

Objective: Throwing; catching; agility; teamwork.

Equipment: Soft rubber or foam-type ball that bounces.

Set up: The players form groups of three. Mark a circle, approximately 15 to 20 feet in diameter, on the ground using either chalk or paint. One player stands in the circle. The other two players stand outside the circle, opposite of each other; one is holding the ball.

How to play: The two players outside the circle attempt to throw the ball back and forth to each other, without losing control. The ball must make at least one bounce inside the circle. The player in the circle attempts to steal the ball, knock it away, or cause the players outside of the circle to lose control. If the outside players lose control or if the ball is stolen or knocked away, the last player to have touched the ball switches places with the player in the circle and the game continues. Circle players can move anywhere inside the circle in an attempt to get the ball.

Variation: This game can be played with two players in the circle. When control of the ball is lost, both players switch places with the outside players.

Circle Tag

Objective: Teamwork; cooperation; agility.

Equipment: Three Tag-a-Long straps for every four players.

How to play: The players form groups of four. Each group of four has three Tag-a-Long straps. Three players in the group form a circle by wearing the Tag-a-Long straps on their wrists, connected to each other. The fourth player stands outside of the circle. One player in the circle is determined to be the "target" player. This is the person the player on the outside of the circle is trying to tag. On the signal to begin, the player on the outside of the circle attempts to tag the "target" player. The circle players try to rotate the circle, keeping the target player away from the tagger for at least 30-60 seconds. If the tagger tags the target player, the turn is over and the players switch roles with a new target player selected. If the circle players can keep the target player from being tagged for the predetermined time (30-60 seconds), the turn is over and a new round begins with a new tagger and a new target player selected. Circle players must stay connected via the Tag-a-Long straps. If they become disconnected the turn is over and a new round begins.

Cross-the-Line

Objective: Aerobic endurance; throwing; catching; teamwork; strategy.

Equipment: Two large buckets (boxes or plastic laundry baskets can also be used); 6 Koosh balls (beanbags can also be used); cones.

Set-up: Set the two buckets on the field, approximately 75-100 feet apart. Place the cones in a line in the middle of the field so that the field is divided in half. If desired, you can also use cones to make sideline boundaries. Divide the players into two teams of 6 each. Each team has three Koosh balls, which are distributed to three different players.

How to play: The object of the game is to get as many balls as possible into the other team's bucket first. A player who has possession of a ball is allowed to cross the line in the middle of the field and run toward the other team's bucket. However, when a player crosses the line the opposing team can tag him. If tagged while in the other team's zone, the player who was tagged must hand their ball over to the other team. They are now free to go back to their own side of the line. If a player is in danger of being tagged, he can avoid losing his ball by throwing it back across the line (before he's tagged) to a teammate who doesn't have a ball. He then is allowed to go back to his own side of the field. If the ball is dropped or if it is caught by a teammate that is already in possession of a ball, then the opposing team gets possession of that ball. When a player runs across the line with a ball, his goal is to throw the ball into the bucket. Throws can be made from anywhere once a player crosses the line. Of course, the closer the player gets to the bucket the easier it is for a successful throw to be made. If a throw misses the bucket and lands on the ground, the opposing team gets possession of the ball. The game is played until all the balls are in the buckets. Once this occurs, the balls are counted. The team who got the most balls in the other team's bucket is the winner. Keep in mind that it is possible for a team to get four balls into the other team's bucket while the opposing team has zero balls in the other bucket. This would leave only two balls in play, which means the team with only two balls in the bucket can not possibly win since there aren't enough balls left in play to overcome a score of four. If this happens, the game is over and a new game begins.

Variations:

- You can add more balls to the game. This will make the game last longer.
- This game can be played with less people on each team (e.g., 3 v.3; 4 v. 4; or 5 v. 5).

Tips:

- Only players who have possession of a ball can cross the line in the center of the field.
- Some teams will want to put a guard at the bucket to block throws. This can create a problem by making it difficult to score. You can make a rule that no one can guard the bucket or, paint a large circle around the bucket with spay paint and make a rule that no one can go inside the circle.

Double Partner Tag

Objective: Agility; cooperation; problem-solving; communication; teamwork.

Equipment: Tag-a-Long straps

How to play: The children form pairs and join hands. Each pair stands with another pair so that there are two groups of two together. One pair is "it" and attempts to chase the other pair and tag them.

Once tagged, that pair is "it" and must count to "5 Alligators" before chasing the other pair. The pairs take turns chasing each other, trying to tag each other. There is no running allowed. Walking only!

Drop 21

Objective: Agility; hand/eye coordination.

Equipment: One "Z-ball" or reaction ball for every two players.

Organization: The children play this game in pairs. Each pair needs one ball.

How to play: The players stand facing each other about four or five feet apart. The player with the ball (player A) holds it at the height of the other player's head then drops it. The object is for the other player (player B) to catch the ball after it bounces. Every bounce counts as a point. Therefore, if the ball is caught after one bounce player B gets 1 point, after two bounces, 2 points, etc. However, once the ball rolls away or can no longer be caught off the bounce, no points are awarded. Each player is trying to achieve 21 points. After player B has caught the ball, she drops it for player A to catch.

Players continue dropping the ball for each other. The players continue adding to their scores trying to achieve 21 points. To win, a player must have exactly 21 points. If she exceeds 21, she must begin subtracting points to get back to 21.

Tips: If more than one group is playing this game in the same area, make sure they move away from each other so they have room to chase their ball without running into neighboring groups.

Four-Down Football

Objective: Throwing; catching; cooperation; teamwork.

Equipment: One foam or rubber football and 4 cones (markers) for every 8 players.

How to play: This game is played 4 v. 4. Place the cones on the ground in a large rectangle (approximately 40' x 60'). The team with the ball starts on their own goal line (one end of the rectangle). They have four plays to get into the other team's end zone. One player is the quarterback. The other team members are receivers. The team has 4 downs to try and score. When a successful pass and catch are made, a new quarterback is selected and the team continues with their next passing play from that spot. If the pass is incomplete, it comes back to the same spot and the next play is run. If the offensive team catches a pass in the other team's end zone it is a touchdown. The other team now starts from their goal line and has four plays to try and score. If the offensive team doesn't catch a pass in the end zone after four plays, the other team starts from their goal line and has four plays to try and score. The only time a team doesn't start from its own goal line is if they intercept a pass. In this case, they start from where the pass was intercepted. No one is allowed to advance the ball by running with it. An offensive play is over as soon as the ball is caught or it hits the ground.

Go for the Gold

Objective: Chasing; fleeing

Equipment: A beanbag or small, soft object

How to play: The children play this game in pairs. Each pair stands facing each other approximately 30 to 40 feet apart with a beanbag placed on the ground between them. The line where each player stands is his or her safety line. There are two objectives to this game: 1) To grab the beanbag and run to the safety line before your partner can tag you, or 2) tag your partner before she can get to her safety line with the beanbag. The game begins with both players holding up a closed fist. When Player A opens his fist, showing his opponent all five fingers and the palm of his hand, it indicates he is ready to begin. When Player B opens her hand it is the signal for the game to begin. At this point both players run to the middle where the beanbag is lying on the ground. The players can either attempt to grab the beanbag or wait for their opponent to grab it, then try and tag them. If the "grabber" is tagged before reaching her safety line, the tagger gets a point. If the "grabber" makes it to the safety line with the beanbag, he gets a point. After a point is scored, the players place the beanbag back in the middle and return to their safety line. On each turn the players alternate who will open their hand first to indicate they are ready to begin and who will open their hand second to indicate the start of the game.

Guard the Cookie Jar

Objective: Quickness; hand/eye coordination; agility.

Equipment: 4 poly spots (cookie jars) and 4 beanbags (cookies)

How to play: The four poly spots are placed on the floor or ground around the area. Four players are selected to guard each of the cookie jars by standing over top one of the poly spots. A beanbag (cookie) is placed on each poly spot. On the signal to begin, all other players attempt to grab a cookie from one of the jars. If a player can successfully grab a cookie without being tagged by the guard, then that player becomes the new guard. Players who are tagged while attempting to remove a cookie must go play at one of the other cookie jars. When they are tagged at another cookie jar they may return to a jar in which they had previously attempted to remove a cookie. Guards who lose their cookie must also leave and go play at another cookie jar before they can attempt to remove the cookie which they had previously guarded.

Hoop Ball

Objective: Hand/eye coordination; agility.

Equipment: One hoop and one playground ball for every two players.

How to play: The children form pairs. Each pair stands around a hoop lying on the ground. One player has the ball. The player with the ball bounces the ball one time then strikes with her hand, making it bounce inside of the hoop. The opposing player must now attempt to return the ball to the hoop by striking it with his hand before it bounces again (similar to volleying back and forth in tennis). When a ball cannot be returned successfully to the hoop the other player receives one point. The game can be played to 11, 15, or 21. The winner must win by two points.

Hoop Guard

Objective: Throwing; catching; teamwork.

Equipment: Two hoops and one beanbag for every 4-6 players; (bowling pins are optional).

How to play: The players form two teams of 2, 3 or 4 (2-on-2, 3-on-3 or 4-on-4). Two hoops are set up approximately 40 feet apart, lying on the ground or floor (if playing with bowling pins, one pin is placed in each hoop). One team has the beanbag (offense) and stands at one hoop. The other team stands at the far hoop (defense). If there are three or four players on each team then one player from each team stands inside of their hoop and plays goalie. The other two (or three) players are the offense and defense and are free to move up and down the field. The players on each team try to gain possession of the beanbag and toss it into the opposing team's hoop (or knock over the other team's bowling pin). If the beanbag lands in the hoop and stays inside of it, one point is scored and the game continues. If playing with goalies, the goalie must remain inside the hoop. Players can travel with the beanbag and pass it back and forth. Defensive players cannot knock or grab the beanbag out of offensive player's hands (no contact allowed). Passes may be intercepted. If the beanbag falls to the floor or ground, the team that had possession last loses possession to the other team.

Keep Away

Objective: Throwing; catching; hand/eye coordination; quick reaction; agility.

Equipment: 1 or 2 soft balls or objects for every group of five players.

How to play: Place the children in groups of five. Four players form a square (corner players) and the fifth player stands in the center of the square (center player). The square should be approximately 10' x 10'. The corner players attempt to toss the ball around or through the square without the center player touching it. If the corner players lose control of the ball, or if the center player steals it, touches it, or knocks it away, the last corner player to have touched the ball switches places with the center player. Variation: The center player may also get out of the center by tagging a corner player who is in possession of the ball.

Tips: Remind corner players to stay in one spot. You may want to mark the spots with poly spots so they know where to stand. The center player can use his/her hand or feet to touch or stop the ball.

Kickball (3 on 3 or 4 on 4)

Equipment: One coated foam ball or rubber playground ball; five saucer cones; and one wiffleball for each game.

How to play: Set four cones up in a diamond (home, 1st base, 2nd base, and 3rd base). Place the fourth cone in the center (pitcher's mound) and place the wiffleball on top of this cone. The players form two teams of three (or four). One team is the kicking team and stands behind home plate. The other team is the fielding team. One player is the pitcher who stands behind the cone with the wiffleball, holding the kickball. The other two field players stand in right field and left field. If playing with four players, the fourth player stands in centerfield. The player with the ball (pitcher) rolls the ball to the kicker. The kicker kicks the ball and begins running around the bases. Players do not need to step on the bases (they run around, behind each one) and they do not stop running until they get back to home plate. When the kicker returns to home plate he tags the hand of the next runner, who then runs around the bases. This pattern continues until the fielding team gets the kicking team out. The kicking team can score as many runs as possible until the fielding team gets them out. There are three ways to get the kicking team out on each kick. First, if the kicked ball is caught in the air, the kicking team is out. Second, the three fielders work together to get the ball and knock the wiffleball off of the cone using the kickball. Prior to knocking the wiffleball off the cone, all fielding players must touch the kickball, so they must pass it to each other first. When the wiffleball is knocked off, the kicking team is out. The kicking team receives one point for each runner that has completely circled the bases before the wiffleball was knocked off. Third, if the kicker kicks the ball and it hits the wiffleball and knocks the wiffleball off of the cone, the kicker is out. After each out, the pitcher moves to right field, the right fielder moves to left field (or centerfield if playing with four players), and the left fielder comes into pitch. After all three (or four) kickers have had a chance to kick and all three (or four) fielders have had a chance to pitch, the teams switch roles and continue.

KnockDown

Objective: Throwing; catching; hand/eye coordination; quick reaction; agility; teamwork; aerobic endurance.

Equipment: 1 Koosh (soft) ball for every group of 6-8 players.

How to play: Set up two hoops approximately 40-60 feet apart. Place a plastic water bottle in the center of each hoop. Place the children in teams of 3 or 4 players. One team is on offense and begins with the Koosh ball. The object is to use the Koosh ball to knock down the other team's water bottle. A player with possession of the Koosh ball cannot travel with the ball, however they can pivot (as in basketball). To advance the ball down the court players must pass the ball to each other. A ball that hits the floor goes to the team that didn't have possession. A team scores one point when they knock down a water bottle. The bottle is then stood back up and play resumes with the other team in possession of the ball. Defensive players and intercept and knock down passes. Defensive players are not allowed to touch offensive players.

Partner Duck Duck Goose

Objective: Agility; cooperation.

Equipment: None.

How to play: The children play this game in pairs. Each pair stands facing each other with a safety line marked off approximately 15 feet behind each one. The players take turns tapping each other on the shoulder saying either "duck" or "goose." When a player says "duck," neither player has to move. When a player says "goose," he turns and runs toward his safety line while the other player chases him. If the chaser tags the runner before he gets to the safety line, she wins that turn and the players return to the starting line for a new turn. If the runner reaches the safety line without being tagged, he wins that turn and the players return to the starting line for a new turn. The game continues with the player who was the chaser beginning the next turn.

Pass & Catch

Skills: Throwing; catching; teamwork; cooperation.

Equipment: One soft-foam type ball for every group of 12 players; cones.

Set-up: Use the cones to make a rectangle (approximately 40 x 60 feet). Divide the rectangle in half either with cones or with chalk, if playing on a blacktop/concrete surface. The students form teams of 6 players. Three players from each team stand on one half of the playing field and the other three players from each team stand on the opposite half. One team starts with the ball.

How to play: One team starts on offense and has the ball. The other team is on defense. The object is for the offensive team to pass the ball across the mid-field line to a teammate. Every time a successful pass and catch is made across the line, the team scores one point. The offensive team can score as many points as possible. The defensive team must try to stop the offensive team by intercepting a pass or knocking the ball down on the ground. Offensive players cannot travel with the ball, but they can pivot (as in basketball). The three players on one side can pass to each other, while their three teammates on the other side of mid-field move to get away from the defenders on that side. If the offensive team drops the ball or throws it out of bounds the defensive team takes over possession of the ball and goes on offense. Defensive players are not allowed to touch offensive players or grab/knock the ball out of their hands. If a defensive player interferes with (touches; bumps into) an offensive player trying to catch a ball, the catch is considered "good"; the ball goes to the offensive team and play continues.

Variations:

- With older, more skilled players, you can try playing with more than one ball at a time.
- Play with a flying disc (e.g., Frisbee™).
- This game can be played with 8 players; four on each team. Place two players from each team on each side of the mid-field line.

Tips:

- Encourage the offensive team to use teamwork and strategy to move the ball around so that they can pass to an open teammate across the mid-field line.
- Encourage the defensive team to guard all of the offensive players so that the offensive team doesn't have an open player to throw to.
- The game can be played for a specified time limit or to a pre-determined number of points (e.g., 25), then a new game begins.

Saucer Slam

Equipment: One Saucer Slam set.

How to Play: The goals are set up approximately 20 to 30 feet apart. This distance can be adjusted based on the throwing abilities of the players in the game. One player from each team stands at each of the goals. The object of the game is to throw the disc so that it either hits the goal or goes into the goal. One team is selected to throw first, they have the disc. The first player from this team throws the disc at the opposite goal. Their teammate, who is standing at the opposite goal, is allowed to deflect the disc so that it either hits the goal or goes into the goal. If the disc hits the goal, the team receives one point. If the disc goes in the top of the goal, the team receives two points. The other player now retrieves the disc and throws back to the other goal with the first thrower trying to deflect it in or off the goal. Once both players on this team have thrown, the disc is given to the other team and they make two throws back and forth to each other. The first team to accumulate 21 points wins the game. The disc must hit the goal or go in the goal in the air. If the disc hits the ground first, no points are scored.

Variation: An "Automatic Win" feature can be added to the game. If the disc goes into the top of the goal without being deflected by the thrower's teammate, it is an automatic win regardless of the score. This allows teams who are far behind in the score to still win the game at any time.

Note: A Saucer Slam set comes with a booklet which contains the directions on how to play eight different games. This is a description of one of the games.

Soccer (3 on 3)

Objective: Kicking; teamwork; manipulative skills with feet.

Equipment: Soccer ball; four cones; four wiffleballs.

Organization: The children form two groups of three. The cones are set up to represent goals, approximately 8-10 feet wide, with a wiffleball on top of each cone. The goals should be about 60 to 75 feet from each other. Each group designates one player to be the goalie and the other two players to be the offensive/defensive players. The goalies stand between the two cones at opposite ends of the field.

How to play: The two offensive/defensive players from each team attempt to get possession of the ball and try and kick it, knocking a wiffleball off of the opponent's cones. A point is scored when a wiffleball is successfully knocked off. The game is continuous. As soon as a goal is scored the other team may get the ball and head up the field. Goals can be scored from any side of the cones. Players therefore, can go behind the cones and kick at the wiffleballs.

Tips: The players on each team should switch places with the goalie every three goals or so.

Team Handball

Objective: Throwing; catching; teamwork.

Equipment: Foam ball and two hockey/soccer-type goals.

How to play: Players are divided into two teams (4 or 5 on a team is best). The playing field is set up as a rectangle approximately 30-40 yards long and 20 yards wide. The goals are set at each end of the playing field. There is a 10-foot diameter half-circle drawn in front of each goal. Only the goalie is allowed inside this half-circle. The object of the game is to move the ball down the field and throw it into the opposing team's goal. Players cannot run with the ball, but are allowed to pivot (as in basketball). No contact is allowed. The ball cannot be grabbed or knocked out of an opponent's hands. If the ball lands on the ground the team that had possession last loses possession. The other team picks the ball up and begins moving down field. Thrown passes can be intercepted by the opposing team. One point is scored for each goal. When an offensive player catches a pass, she can take up to three steps with the ball.

Team Touchdown

Objective: Throwing; catching; teamwork.

Equipment: Foam ball or soft object (e.g., rubber fish or pig); 4 cones.

How to play: Players are divided into two teams (2, 3, or 4 on a team are best). The playing field is set up as a rectangle approximately 30-40 yards long and 15-20 yards wide. The cones are used to mark the corners of the rectangle. The object of the game is to move the ball down the field and throw it to a teammate who is standing in the opposing team's end zone. The end zone is the area at the end of the rectangle past the cones. Players cannot run with the ball, but are allowed to pivot (as in basketball). No contact is allowed. The ball cannot be grabbed or knocked out of an opponent's hands. If the ball lands on the ground the team that had possession last loses possession. The other team picks the ball up and begins moving down field. Thrown passes can be intercepted by the opposing team. One point is scored for each touchdown. Once a team scores a touchdown they drop the ball on the ground and then get ready to play defense. The other team picks up the ball and begins moving on offense. The game is continuous.

Toss Ball

Skills: Throwing; catching; teamwork.

Equipment: Soft rubber ball; chalk.

Set-up: This game can be played 2 vs. 2 or 3 vs. 3, so divide the players into teams of two or three players. Each game needs one ball. Use chalk to draw two large squares or rectangles on the asphalt/concrete area. The squares should each be approximately 20 x 20 feet in size and located approximately 20 feet apart. The space between the two squares is called "no-man's land". The players from each team stand inside the two squares facing each other. One team holds the ball.

How to play: The object of the game is to throw the ball so that it bounces in "no-man's land" and then lands inside the other team's square. A thrown ball that successfully bounces in the middle of the two squares and then lands in the opposing team's square, scores one point for the throwing team. The defensive team must try to catch the thrown ball or deflect it away before it lands in their square. If a defensive player can catch the ball or deflect it away so that it doesn't land in the square, no points are awarded. If a defensive player drops a thrown ball or it hits her body and lands in the square, one point is awarded to the throwing team. A thrown ball that fails to bounce in "no-man's land" first, before bouncing into the square, is not a valid throw and cannot score a point for the throwing team. The game continues with the teams throwing back and forth. The first team to score 10 points wins the game.

Variations:

- Play with more than one ball at one time.
- This game can be played with four players on each team but the size of the squares (or rectangles) needs to be made larger to accommodate the increased number of players.
- Adjust the size of the squares based on the skill level of the players.
- Instead of bouncing the ball in "no-man's" land, this game can be played with the throwing team trying to throw the ball directly into the other team's square without bouncing it in the middle first.

Ultimate Saucer Slam

Equipment: One Saucer Slam set for each game; Rope (30 feet in length) or spray paint to mark a circle.

How to Play: Place the two goals on the ground approximately 60-75 feet apart. Lay one piece of rope on the ground around each goal, making a circle around the goal. Each team has four players. Three players are field players and one player is the deflector. The deflector stands inside the circle at the opposing team's goal. One team starts on offense and has the flying disc. The other team starts on defense. The object is to obtain possession of the disc and throw it at the opposing team's goal. One point is awarded if the disc hits the goal in the air. Two points are awarded if the disc goes into the top of the goal. Offensive players cannot travel with the disc. A player with possession of the disc can pivot on one foot, as in basketball, but they cannot advance the disc by running with it. Offensive players without the disc can move anywhere in the play area to receive a pass from the player with the disc. If the disc hits the ground, the team that had possession, loses possession. The defensive team picks the disc up and goes on offense. Passes can be intercepted by the defensive team, but a defensive player cannot touch an offensive player at any time. If an offensive player is interfered with while trying to catch a pass, the pass counts and the offensive player gets the disc at the spot of the infraction. The deflector is the only player allowed inside of the circle around the goal. The deflector's job is to try to help the field players on her team hit the opposing team's goal with the disc or get the disc in the goal. Deflectors use their hands to deflect the thrown disc into or off of the goal. Deflectors can be used as a fourth field player by catching passes inside of the circle and throwing them back out to teammates. However, a deflector cannot catch a pass and place it into the goal for points. Only deflected throws count, not ones that are caught. Once a point is scored, the defensive team retrieves the disc and goes on offense, trying to score at the opposing goal. There are no side or end boundaries, so players can move in any direction and can score from any side of the goal.

Equipment

The equipment needed to play all of the games in this booklet can be purchased from Palos Sports.

Contact:

Palos Sports
11711 S. Austin Ave
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www.palossports.com

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