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# 1 BUCKETBALL

## Objective:

- To score more buckets than the other team.

## Equipment:

- Two buckets
- One gator (or sponge) ball
- Pinnies

## Setup:

- Two teams of five players start in basketball formation.
- A player holds a bucket while standing in a hula hoop in the centre back of each key.
- The leader holds the ball at centre court for a jump ball.



## Instructions:

- When a player gets the ball, he or she may pivot but not dribble or otherwise move with the ball.
- The player has three seconds to either pass or shoot the ball.
- A violation of either rule means that the ball is given to a player from the other team at the place of the infraction.
- No player from either team is allowed in the circle containing the bucket.
- If a ball is thrown but not caught by a teammate, the other team gets the ball at the location on the floor where the ball was dropped or missed.
- If a team scores a point by getting the ball in the bucket, a player from the other team may enter the circle to retrieve the ball and throw the ball into play from inside the circle.

## Variations:

- Use a larger bucket to make the game easier.
- Use a smaller bucket to make the game more difficult.
- Place the bucket on the floor with no player holding it.

Taken from "Bang for Your Buck" by CIRA Ontario.

# 27 SLAMBALL

## Objective:

- To score a goal while airborne by slam-dunking the ball directly into the rolled-up wrestling mat or gymnastics mat net.

## Equipment:

- Handball or dodge ball
- Pinnies
- Two rolled-up wrestling mats or gymnastics mats

## Setup:

- Divide players into two equal teams.
- Five players, start on their team's side.
- Mats are rolled up and stood on end in the centre of the basketball key to be used as nets.
- The leader holds the ball at centre court for a jump ball.

## Instructions:

- The game starts with a jump ball.
- Players must pass the ball after:
  1. Three seconds
  2. Three steps
  3. Three bounces
- Players must be airborne and "slam" the ball into the net for a goal to count.
- A two metre crease is set up around the net.
- Offensive players must have the ball to enter the crease and attempt a slam dunk.
- Defensive players may not enter the crease.

## Variations:

- Place mats on four folding gymnastics mats to create a crease.
- Offensive players must take off outside the crease.



# 85

## LACROSSE BASEBALL

### Objective:

- To throw the ball into the field and run around the bases while holding a ball before the defending team can make an out.

### Equipment:

- Lacrosse balls (hockey balls, tennis balls, etc.)
- Lacrosse sticks
- Three bases
- Home plate

### Setup:

- Divide players into two equal teams.
- The defensive players take an infield or outfield position.
- The offensive players come to home plate one at a time.

### Instructions:

- The first ball is thrown into the field, by the first runner using the lacrosse stick.
- The runner scoops up the second ball, and he or she must run the bases cradling the ball.
- The batter becomes the runner, and a new batter comes up.
- The batter tries to get to each base before the defending team gets him or her out. A runner is safe on a base.
- The defensive team attempts to catch the ball before it hits the ground (the player is out).
- The defensive team tags a runner not on a base or throws the ball to arrive at a base before a runner needs to get there (the player is out).
- A team ends the (half) inning by batting once around the line up or making three outs.

### Variations:

- Play backwards baseball.
- Play with multiple runners on each base.



# 100 FOUR QUAD

## Objective:

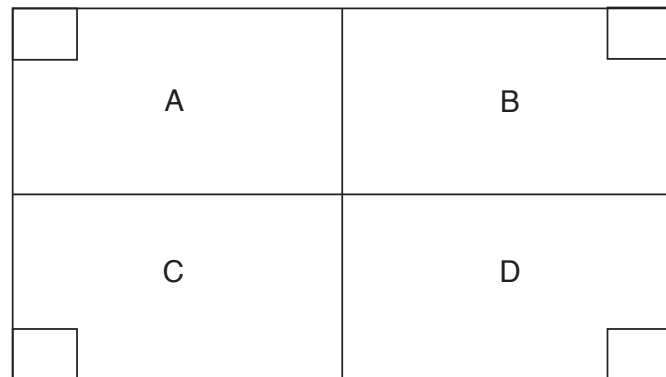
- To gather objects from the three other teams and collect more than the others.

## Equipment:

- Pylons
- Buckets
- Bean bags
- Four coloured flags
- Pinnies (in four colours)

## Setup:

- Separate a playing field into four equal quadrants.
- Players in each quadrant are identified by different coloured pinnies (four colours).
- Create a penalty area in the back corner of each quadrant.
- Place the bucket with the bean bags in each penalty area.



## Instructions:

- The players are safe when in their quadrant or if they reach a penalty area without being tagged.
- Players may attack any of the other three quadrants.
- If a player is caught, he or she goes to the penalty area in that quadrant.
- A player may rescue another player by going into the penalty area and returning with the player to his or her quadrant.

## Variation:

- Use rubber chickens instead of bean bags.