

Tunnel Ball

Group Size: 10-30

Age Group: 3rd-6th+ grades

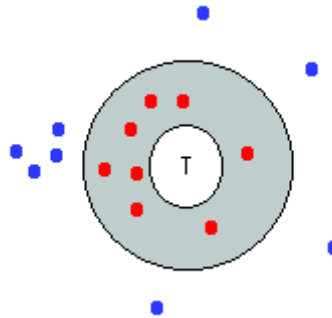
Length of Activity: 15-30 minutes

Developmental Goal: To develop teamwork and a sense of boundaries

Skills Practiced: Throwing, reflexes, and defense

Equipment Needed: 3 or more dodge balls, 3 larger cones (or targets), and smaller cones or chalk to designate the circles

Set Up: The smaller circle should be the size of a large hula hoop. Inside this circle will be three larger cones. The larger circle should be big enough that students outside of it should not be able to hit the cones in the middle too easily.



Before You Start:

- Remind students about dodge ball safety rules

How to Play:

- Divide the group into two teams – “Offense” & “Defense”
- The Offense will stand outside of the large circle, the Defense will be in between the two circles. Both teams can move freely within their areas, but cannot cross over into the other team’s zone.
- The offensive team will have 3 dodge balls. To “score”, they will have to knock over the cones in the middle circle. Once all 3 cones have been knocked over, have the teams switch roles.
- The defensive team can block the balls and defend the cones with any part of their body, as long as they don’t cross into the middle circle.
- If the ball is stuck in the middle, the defensive team must throw it back to the outside.

Variation(s):

- Use only one ball and one target (to encourage passing and teamwork)
- Use more balls to make sure that everyone feels involved.