ACTIVITY GUIDE

THE SUMMER CAMP SOURCE

ACTIVE CAMP GAMES WITH A BALL

CAMPAPP

All Over: Divide children into two equal groups. Each group should have the same amount of balls to start the game. Have the two groups stand on opposite sides of the center line. The game leader shouts "All Over" to start the game. The balls can be passed to the other side by being kicked, thrown or rolled. As soon as there are no balls on one side of the center line, the game leader shouts "All Over" to signal the end of the game. When using a large amount of balls, we would end the game after a few minutes and the group with the fewest amount of balls on their side wins All players must remain in a crawling position, on hands and knees. Object is for one team to place their ball in the others hole. Any person who has limb or body moved outside of the playing circle, is out of the game until the next round. “Ganging up” may not seem fair, but is permissible. All students sit in a quiet straight line without talking, counselor draws a picture and shows it only the first camper in line. Camper returns to line and uses one finger to trace the picture on the next campers back. The very last camper in line is given a piece of paper and told to draw what they felt on their back. This is then compared to the counselors drawing.

Bean Ball: Have the students stand on the boundary line around a hula hoop--this will be the line the "throwers" need to stay behind. One player stands in the middle of the play area, near the bean bags and hula hoop. The other players stand outside the boundary line, with dodgeballs. When play begins, the child in the middle has to take the beanbags between his/her feet and then throw them inside the hula hoop while jumping--no hands allowed. In the meantime, the players must try to hit the player in the middle with the ball. If the ball hits him/her, then the player who hits him/her goes into the middle. The trick is not to be hit while standing in the middle and to try to get the hoop full of bean bags. If the hoop is full, then s/he knocks the hoop out of the way to show the others that s/he has completed one round.

Bed Sheet Ping Pong: Form two teams. Each team holds an opposite end of a bed sheet. A ping pong ball is placed in the middle of the sheet. The object is to get the ball to fall off of the other team’s side, for a point. The sheet can be raised and lowered as needed but remind the players to be careful not to "launch" the ball as they will be very inclined to do so.

Belt Loop Ball: Divide the players into teams of 10 people. Each team competes with itself to 'play' the game successfully. It is fun to have different players make up each team every time the game is repeated. Each team stands in a straight line; They are tied together by passing the rope through the left loop of every player's belt. The object of the game is to guide a soccer ball (players use only their feet) from one side of the playing area to another. However, the only players who are allowed to kick the ball are those holding one of the two ping-pong balls. Every time the leader calls "SWITCH" the people holding the ping-pong balls pass them on to different members of their team. Only one kick per time holding the ping-pong ball is permitted. After each team becomes adept at completing the run across the playing area, competitions between teams can be organized.

Benchball: Create a large rectangular space (gym, use cones, etc.) At each end of the rectangular space, set up “benches,” using chalk, tape, or cones. The bench should be large enough to eventually fit half the students who will participate in the game. Set up the dodgeballs on half-cones along the middle line that the players can run to and grab once the game starts. Divide the class into two teams and give one team jerseys. Team 1 should be on one half of the court, Team 2 on the other. Both teams choose a goalie. The goalie stands on the "bench" on the opposition's half of the court. Players attempt to throw the ball to their goalie to catch, without it being caught or intercepted by the other team. As teams score goals, the scoring player joins the goalie on the bench. Players pass the ball between themselves until someone decides to shoot, but must stay on their half of the court. The goal of the game is to get all the players of your team on your bench, so that they have more people to throw the ball to. Once all the players on a team are on a bench, a new game begins.

Boxball: Boxball transforms two sidewalk squares into an outdoor version of ping-pong or, perhaps more accurately, a postage-stamp-sized game of tennis. Each player serves, volleys, and defends his square. The lines (or "cracks") around the concrete define the court; the seam between the two squares is the imaginary net. Players choose or volley for first serve. Serve is maintained by winner of the volley or rotated every five points. In some games, only the server wins a point; others play so that either player can win any point. Twenty-one is usually the winning score, with the requirement of winning by two points. The ball is slapped back and forth between boxes with an open palm. Slap the ball into your opponent's box; he or she returns it back to your box after one bounce or on the fly. If you step into the playing court, fail to return a shot, or if your return shot's first bounce lands out of your opponent’s box, you lose the volley. You can choose whether you can use both hands, and one hand only (where you can use the back of the palm for a "reverse shot"). Reverse shots aren't easy to control, since the back of the palm is not as flat or flexible as the front, but they're sometimes necessary in order to protect the full box. Players can try to hit the ball with force--or with a cutting motion to give the ball more spin, or "English," and make it more difficult to return. Boxball is quick game with soft spinning shots, slams, and pinpoint shots to the corners.

Capture the Flag Dodgeball: Capture the Flag Dr. Dodgeball-It's everything that it sounds like. The ultimate thing to do is to get the other teams flag. But it's also Dr. Dodgeball. Each team has a Dr. who tags people back in the game when they get hit. If the Dr. gets hit then they are out and everyone who gets hit after that is out as well. Main goal is to capture the other team’s flag or get everyone out on the other team. To make it more exciting, once the Dr. is out add that if one of the remaining players catches a ball then their team can come back in. It's a huge hit for any camp that loves dodgeball!

Castle Ball: Designate a large play area with clear boundaries that has room for students to run. Castle Ball is like building a “house of cards” out of 6 hula hoops (or cones). The structure will stand on its own but will fall when a ball strikes any part of it. To build the castle teams place one hoop on the floor, four hoops form the sides, and on the top. Split group into 2 teams. Try to knock down the castle of the other team, while protecting your own. One point is awarded each time a castle is knocked down, even if a player bumps into his/her own castle. Castles that are knocked down should be set up as quickly as possible so players can continue playing. The game is separated by a center line, which players cannot cross to retrieve a ball. It is also best to have a throwing line inside each team’s area to make sure all balls are thrown from the same distance. Teams are not to throw at castles any closer than that line. Players should be encouraged to pass the ball to teammates to surprise the defenders or to make sure everyone gets to throw the ball. In defending the castle, players should be alert, on the balls of their feet, and cooperate with their. teammates to form strategies that will best defend their “castles”. Once a castle is knocked down a new round is started.

Clean the Garden: Campers are divided into 2 teams and divided by a straight line of cones. Balls are scattered on both sides and when the counselor says go the campers are to get all of the balls off of their side before tine is called.

Concentration Ball: You pick a theme, such as Animals. One person starts with the ball and says an animal, then says the name of someone in the circle and tosses them the ball. That person must say the name of a different animal, and the name of another student and tosses the ball to that person. You may not repeat answers and you only have 3 seconds to say yours. If a student repeats an answer or can’t complete their turn within the allotted time, you may have them do some jumping jacks before rejoining the circle. Once three people get stuck you switch themes. Some examples of themes include, sports, colors, fruits, singers, etc.

Earth Ball Tournament: Gather people throughout camp by rolling the ball in through camp, calling “Earth Ball” or some other chant. When you arrive at the soft ball field, divide evenly into teams, one on one side of the field in a line, the other on the other side. Place the Earth Ball in the center. At a whistle, both teams run at the ball and try to push it to the other end of the field an into a goal. Set a point limit and the team who reaches it first wins.

Hit the Stick: Hit the Stick requires two players, a relatively level, uncracked two square stretch of sidewalk and a coin (usually a penny) or a Good Humor ice cream stick. The players would stand at either end two concrete squares with a coin or stick placed directly in the center seem. The object was to hit the coin or stick with the ball and even better, to make it flip over. Each hit brings one point, each flip is worth two, play would be to eleven or twenty one. We usually played Hit the Stick because it was more of a kick to see the stick flip up and turn in the air than checking to see if the penny or nickel was still heads of tails.

Hot Potato: Pass the ball around the circle or class without dropping the ball. If someone drops it, they sit in the center ("hot potato soup" pot). After the end of each round, increase the speed that the ball is tossed around the circle.

Hot Spots: Set up the cones in a row at about half court on a basketball court. If two hoops are available and space permits it, two games can play simultaneously. Scatter the polyspots all around in front of the basketball hoop. Divide players into four teams Have teams line up behind a cone, facing the basketball hoop. One player at a time from each team will dribble to a polyspot to stand on and shoot the ball. If the player makes the shot, s/he picks up the polyspot and retrieves the ball. S/he then gets to bring the polyspot back to his/her team and passes the ball to the next player standing in line, who then dribbles to his/her own spot to shoot from. If the player misses the shot s/he gets the ball and passes it to the next player on his/her team. Play continues in this manner until all of the spots are claimed or time runs out.

Hula Ball: Set up three hula hoops to look like Mickey Mouse's head in the play space. Make sure the hula hoops are touching each other. Put down cones or a marker to designate a place where the waiting students will line up. One player is behind each hula hoop and the rest of the players are waiting in cheering line. The concept of the game is to bounce the ball in another person's hula hoop. The ball can only bounce once in any hula hoop. Each player needs to hit the ball with any part of his/her hand into an opposing player's hula hoop after it has bounced only once in their hula hoop. If the ball lands on a hula hoop, or goes out of bounds before it bounces, the player who hit the ball needs to return to the waiting/cheering line for another try. If a player hits the ball and it bounces again in her/his hula hoop, s/he also needs to return to the waiting line. If a player catches or holds the ball, that player needs to return to the waiting line. If the ball bounces more than one time before it is hit into another hula hoop, the player who let the ball bounce needs to return to the waiting line for another try. If the ball is returned before it is allowed to bounce, the player who returned the ball early needs to return to the waiting line. When a student returns to the waiting/cheering line, they will be replaced by the next student waiting in line.

Knock Down: Split students into even teams; make sure each team knows which side is their side. The object of the game is to knock down all of your opponents' large cones before they do the same to yours. Students may not cross the center line while throwing or to retrieve a ball. Each team is allowed to have one person at EACH cone that protects only that same cone, however, they are not allowed to touch the cone. They can only deflect the balls from hitting the cone. If someone accidently knocks over their own cone, it remains down. Once all cones are knocked down on one side, the game is over.

Musical Balls: Place balls in the center of the area adding up to 1 less then the amount of campers playing. Have to campers form a large circle around the balls. Play music and have the camper walk around the circle until the music stops. When the music stops, all the campers run to the balls and grab 1. The person who does not get a ball will have to sit in the "Loser's Lounge" until the game is restarted. The person who wins must take a victory lap around the circle.

Protect the President: All the kids stand in a wide circle with two people in the middle. One person in the middle is the President. The other is the Bodyguard. The people in the circle have the dodgeball, and throw it at the president. The bodyguard may do anything to block the ball with his body jump, squat, dive, etc. The ball may NEVER touch the president. If the ball touches the President at any time, the person who threw the ball (or the last person to touch it) then becomes the Bodyguard, the Bodyguard becomes the President, and the President goes back into the circle.

Recycle Ball: Have the group sit in a big circle. Let the group pick a song they want to sing. While singing the song pass the ball hand-to-hand around the circle. When the song ends, the person holding the ball stands up and tries to throw the ball into the recycling bin from where they are standing. The leader retrieves the ball, gives the thrower a high five, prompts a positive response from the group, and starts the game/song again with a new student.

Silent Ball at the Museum: The leader chooses one student to be the "Night Guard" or "Janitor" To start, count down "5, 4, 3, 2, 1... Frozen!" As the name indicates, this game is a combination of Night at the Museum/Janitor and Silent Ball Elements from both games apply: Silent Ball: students must remain completely silent while passing a ball around the room. Night at the Museum/Janitor: when the Night Guard/Janitor is looking at you, you must remain frozen. When his/her back is turned, you are free to move around. Ways for students to get "out": moving while the Night Guard/Janitor is looking at them, making any kind of noise, making a bad pass or dropping the ball. If the ball is thrown from a student who is behind the Night Guard/Janitor's back to a student in front of the Night Guard/Janitor, that student may move to catch the ball without being called out. However, once they have caught the ball they must remain frozen until the Night Guard/Janitor looks away from them.

Silent Speed Ball: Students spread out in playing area standing up. Leader counts down, "3, 2, 1, Silent." Students pass the ball to another person in the play area. A student must sit down if they miss the ball, they makes a bad pass, they talk or make noise. Play continues until only one student remains. The last student to remain standing gets to be first to throw the ball in the next round. All students who were out can return to play at the start of a new round. If game is progressing slowly, create challenge by limiting time to throw, having all students take steps back, keep one hand behind back at all times and so on.

Slap Ball: This is a free for all dodgeball game. Kids must slap the ball at each other and hit them below the waist to get each other out. The ball has to be slapped with it comes to you, you cannot roll it, stop it, or pick it up. If you do you are out. If you slap it and it hits someone above the waist you are out. You can add more than one ball to make games go faster. Make the playing area smaller as kids start to get out until you have a winner.

Sock Ball: Set up a circle of chairs, of no less than 15 people 2-4 people standing in the middle 3-4 long socks with tennis balls in the end. Those sitting in the circle toss the sock balls to each other (usually very hard throws) and try to keep those in the middle from catching them (more fun if you can bounce it off someone in the middle). If they catch it then the thrower goes in and the runner sits down (even if it falls to the ground and is picked up). The people in the middle can also tag any thrower who is holding the sock ball and they have to switch (this keeps the pace up).

SPUD: This game is played with a large ball, each kid picks a number in the beginning of the game. Then the game is started by one person throwing it up in the air and calls out a number. The child whose number is called, grabs the ball and yells 'freeze'. Then the child with the ball takes three steps toward another player and throws the ball under arm at that player. If they are hit, the child gets a S, but if they miss the thrower gets a S. Each time there is a mistake, a letter is given out, until someone is a S-P-U-D.
This number is the jumping order for each group. The two turners begin by turning the rope.

Star Wars: Divide playing space in half by Rope. Each team has one Jedi knight (with boffer), has a star base (poly-spot), and many death stars (Nerf balls). At start, both teams rush to the dividing line, gather as many death stars as possible and begin hurling them at the opponents. If a death star hits a player, they become frozen immediately. If a player catches a death star, the thrower becomes frozen instead. A player can only get back in the game if they are touched by the light saber of the teams Jedi knight. In order to "save" a frozen team player, the Jedi must leave his star base, hopping on one leg to the frozen player and tap her with the light saber. As long as the Jedi is on the star base, he is safe. If a death star hits him, he is frozen for good.

Stash It: Need colored jerseys, hula hoops, footballs (one per hoop). Designate a large play area with clear boundaries that has room for students to run. Make sure the hoops have enough space between each other. Have students pair up. Inform kids to keep their head and eyes up to prevent running into another person. Hoops are scattered about the play area with 1 football in each hoop; partners (seated) by their hula hoop. On your signal to begin, all players move around the play area, grabbing footballs (one at a time) from other hoops (not their own) and return it to their own hoop. Players are not allowed to "guard" the football(s) in their hoop. First team to get 4 footballs in their own hoop yell "Bingo" and a new round will begin.

Steal The Bacon (Variations): As the game goes on and the kids get smarter (try to wait for the other person to pick up the 'Bacon' so they can get the easy tag for the point, etc) we try to mix it up a little. When we play, we call out a second and sometimes third number to get a few more kids out there to cause distractions and the like. We also play it on a sand volleyball court and use a 'bacon' that we can bury. Have the kids with their backs to the center so they can't see where we put the bacon.

Steal the Bacon: Divide the students into 2-4 groups; each team sits on a boundary line. Give each student a number. Each group should have a 1, a 2, etc. Place the "bacon" in the center of the playing area. Assign each team one goal line at either end of the playing area. The adult calls out a number, and all students with that number run to pick up the "bacon". The student who gets the "bacon" first tries to run across his/her team's goal line without being tagged. The student whose number was called who did not get the "bacon" should try to tag the other player before they get across the goal line. Once someone is tagged or gets across their goal line, the round is over, all the students who played in the round give each other high-fives, and they go back to the boundary line with their teams.

Tic-Tac-Toe Toss: Make the tic tac toe court. Split students into two teams. Demonstrate what three in a row looks like. Each team will have a set of colored balls, spots, or Frisbees. A person from Team 1 will throw their object attempting to land the object in an open square on the game board. Then a person from Team 2 will do the same. The team to finish the tic-tac-toe first, either horizontally, vertically, or diagonally signals the start of a new game.

Torpedo: This game is a gym-version of the pool game "sharks and minnows." Using a basketball court or marking your own, you need a large rectangle. Two kids are chosen as the "launchers" while the rest of the group (anywhere from 15 to 50 kids works fine) lines up outside one of the short sides of the rectangle. The launchers stand on either of the long sides of the rectangle, armed with dodge balls or something similar. A leader or youth is the caller. The caller shouts "TORPEDO!" and the kids start to run as fast as they can to get past the line on the other side, where they are safe. While they are running, the launchers try to hit as many people as possible with their dodge balls, while staying behind their own lines. They usually can only get one good throw in, since they can't cross the line. Any runner who gets hit must sit down exactly where they are. They are now land mines. Each time the kids torpedo across the room, there are more and more land mines to hit them. The youth on the floor can try to touch the runners. Anyone touched must sit down too. Eventually you get down to two lonely runners, and then one winner.

Touch Telephone: This game is based on the old telephone game but involves touch rather than hearing. No talking is allowed. Divide the group into teams of about six each. Each team sits in a line, one behind the other. The last person is shown a simple hand drawn picture of an object such as a house, a cat, or a Christmas tree, for example. The person who is shown the drawing then tries to draw an exact copy of it, using their fingers, on the back of the person in front of them. The drawing can only be done once. The second person then draws what they felt onto the back of the person in front of them. This continues until it gets to the person at the front of the line, that person then must draw what he or she felt, on a piece of paper. The team whose picture most resembles the original wins that round.

Trash Ball: Divide into two teams. Use a trashcan that is about the same size as your ball. Have each team choose a trash can holder (rotate regularly, its a fun place to be). Have each one stand up on a chair. Make a boundary of about 10 feet around each holder with tape. Anyone caught inside the tape must sit there indefinitely (at your discretion). For large groups, add an extra ball or two. They can only take 3 steps when they have the ball, so more are involved. This is a fun game because anyone can make a full court shot, so we tell them the ball must touch a certain # of girls before you can shoot.

Ultimate Keep Away: The great thing about the game is that you can play it with four players (two on two), sixteen (eight on eight), or thirty (fifteen on fifteen). Also, you can use one ball for small groups or multiple balls for larger groups. It goes by the same basic principle as the traditional keep away game, but it's so much better. Two teams, with each team having an identifying tag, like a colored bandana (yellow vs. purple bandanas). Then, say, if you have thirty kids, fifteen on fifteen, then you might throw three or four balls out and then let them at it. If you get tagged with a ball in hand by a person on the other team, then you go to jail, so you have to keep throwing it to your fellow teammates as quickly as you can. The ball keeps moving, kids keep going to jail, and ever so often, you can call "jail break!" to let the game keep going forever. It's great!

Watch Out!: Have all the students line up on one side of the space. Review that they only become part of the boundaries when they are hit from the waist and below. The leader begins in the middle of the space with 2 playground balls, and shouts a magic word (any word the group has agreed upon) to signal students to start running to the other side. If a student is hit with a ball while attempting to cross, s/he becomes part of the boundaries to help return balls to the adult. Play continues until there are two students left, and the next round begins with those students in the middle with 4 playground balls.

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