

## CLOCK

Age	Number of children	Duration
8-12	8-20	20min

**AIM OF GAME** Achieve more lapses than the opposing team

**RULES AND INSTRUCTIONS**

Create 2 teams (or 4 in case you have more than 10/12 children). One team forms a circle (at least 2m distance between players). The players of the other team form a single line outside the circle.

Round 1:

At the signal, the first player of the red team starts running around the circle dribbling (feet or hands, determined by the Animator). The second player starts when the first one touches his/her hand.

At the same time, players of the yellow team pass the ball to each other, around the circle. Each time the ball returns to Player 1 of the circle, all players count the number of laps made.

When the last red player comes back in line he/she says: "Stop!" The game stops. The volunteer records the number of laps completed.

Then the teams change position. The team that has made the most laps (number of full rounds of the clock) wins.

Round 2: → *Strengthen interaction among players*

The rules of the previous round are maintained: now the red team plays two by two: while running around the circle, players need to pass the ball to each other (feet or hands).

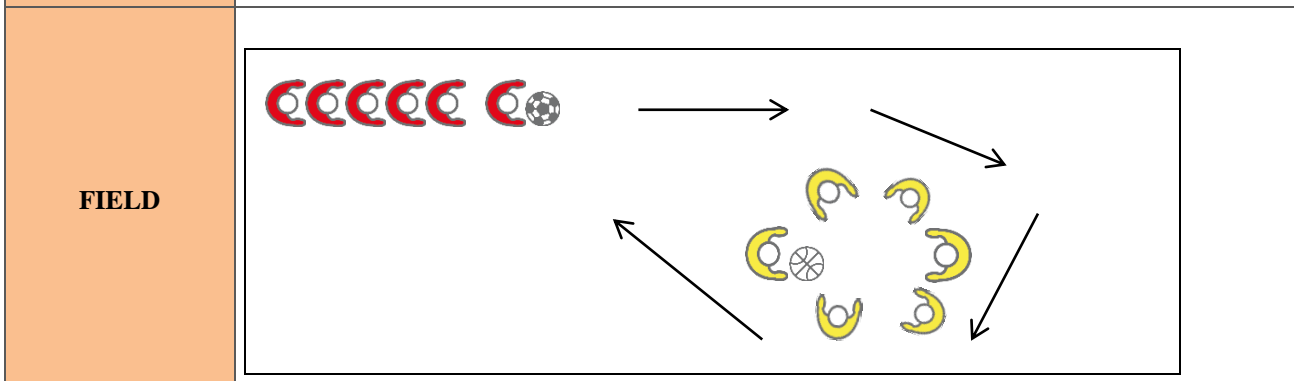
Then the teams change position. The team that has made the most laps (number of full rounds of the clock) wins.

**MATERIAL**  3 balls       1 set of jerseys       10 cones




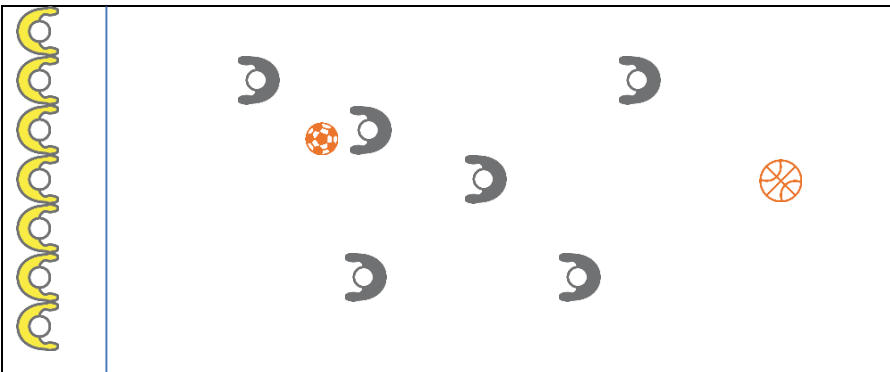
**VARIABLES**

- To make the game more interesting and dynamic:
- When the red player comes back to the line, he/she goes to the front and passes the ball to the player behind him over the head (or under legs): once the ball arrives to the last player, he/she starts running around the circle
- The yellow team creates a combination of passes to make the laps (ex. From player 1, to 5, to 3, to 8): if they do not respect it, they lose one lap.
- While waiting for their turn, players of the red team can create a chain and pass a hula-hoop without releasing each other hands
- Other variables:

Change the way of passing the ball (with feet, with a bounce, etc.)



## AROUND THE WORLD

Age	Number of players	Duration
8 – 12	10-15	15-20 min
<b>AIM OF GAME</b>	Score more points than the opposite team	
<b>RULES AND INSTRUCTIONS</b>	<p>Split the group in two teams. Team A is in one zone on one side of the field. Team B is scattered throughout the playing field.</p> <p>At the sound of the whistle, all the players of Team A run to reach their ball, set on a cone on the opposite side of the field. They have to try to take their ball in their starting zone by passing the ball to each other. Players of Team A are not allowed to walk/run holding the ball in their hands.</p> <p>Meanwhile Team B has to try to tag with its ball the player of Team A who has the ball in his/her hands: if the player holding the ball is tagged, Team B gets a point and we start again. Players of Team B are allowed to move with the ball in their hands. It is forbidden to throw the ball over the shoulders of players.</p> <ul style="list-style-type: none"> <li>- Team A gets 1 point when the players are able to take their ball to their starting zone, without being touched.</li> <li>- Team B gets 1 point when the players are able to stop the players of Team A tagging them.</li> </ul> <p>Once one of the Teams scores a point, the game come back to the starting position. Each round lasts 6-7 minutes: then change the roles of the teams. Count the points scored by both teams on the two rounds (attack and defense).</p>	
<b>MATERIAL</b>	 2 or 3 balls  2 jerseys of jerseys                Cones 	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li>• <u>To make the game more cooperative and foster active participation:</u> All players of Team A need to touch the ball before getting it back to their zone; players of Team B can only make 3 steps with the ball in their hands.</li> <li>• <u>To make the game more fun and interesting:</u> Team B plays with 2 balls</li> <li>• <u>Other variables:</u> Team B does not have a ball: players have to intercept the passes of Team A</li> </ul>	
<b>FIELD</b>		

## RUN AND STOP

Age	Number of children	Duration
8-12	12-30	20 min

**AIM OF GAME**  
 Round 1 and 2: Be the first team to bring the ball back to its cone.  
 Round 3: Complete the relay in the available time (*adjust the timing and the dimension of the circle according to the abilities of players*)

**RULES AND INSTRUCTIONS**

Split the group in 3 to 6 teams (depending on the number of players). Each team creates a column, at the beginning of each column there is a cone with a ball on the top. The balls are different from each other, in order to distinguish them.

*Cones are positioned in front of each team + one cone between each team*

Round 1:  
 At the signal, the first player of each team takes his/her team's ball and brings it to the next cone: then he/she runs all around the circle and comes back to the line and slaps the hand of the following player of her/his team. The following player runs in the same direction, takes the ball from the cone and moves the ball to the following one, etc. All teams run in the same direction (clockwise).

Teams can only move their own ball (without touching the balls of the adversary team). Overtaking members of the other team is allowed by using the external side.

Everyone has to run; the last runner is the one that brings back the ball to its original cone: when the last runner brings back the ball to its cone, the entire team must sit down at once and shout "STOP".

Round 2: → *Foster interaction among players*

The rules of Round 1 are maintained. Now players can decide if they want to run alone and move the ball by 1 position, OR run in couples, passing the ball to each other, and move the ball by 2 positions. Couples need to make at least three passes.

Round 3: → *Cooperative*

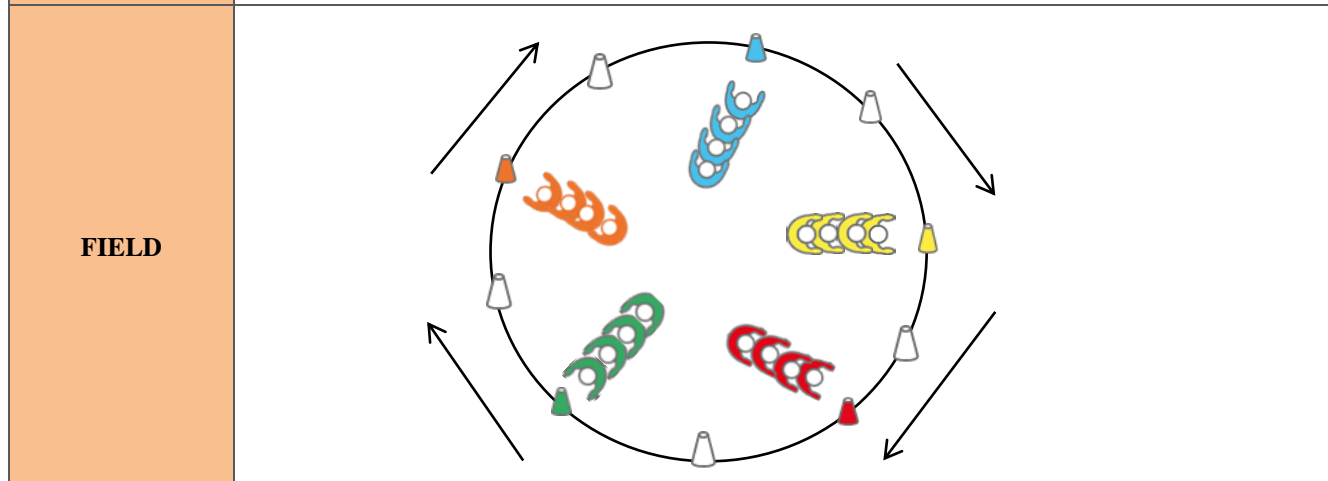
The first player of each line takes his/her ball and moves until the cone set between two teams. Here s/he passes the ball to the first player of the other team. All balls are passed in simultaneously. The players who pass the ball run around the circle and return to their line; the players who receive the ball proceed in the same way.

All the teams work together to move all the balls and reach the same aim: all the balls have to complete a round in 3 min.




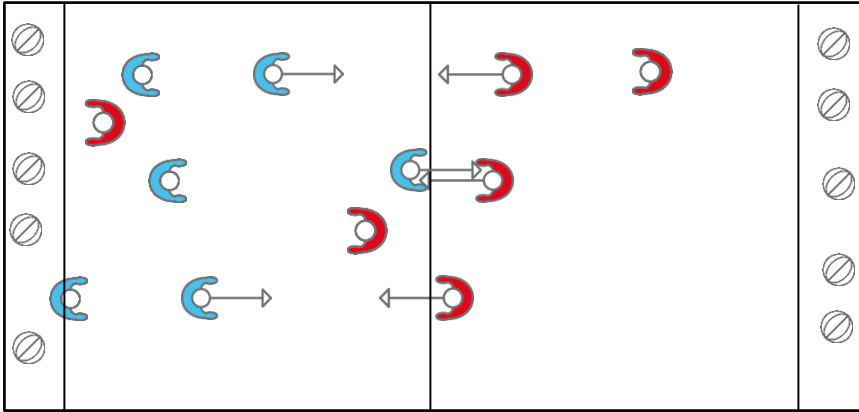
**MATERIAL**     🏀 3 to 6 balls (1 for each team), 🧢 2 to 5 sets of jerseys,     12 📌 cones

**VARIABLES**




- To make the game funnier:  
 Change the starting positions (laying down, crouching, etc.)

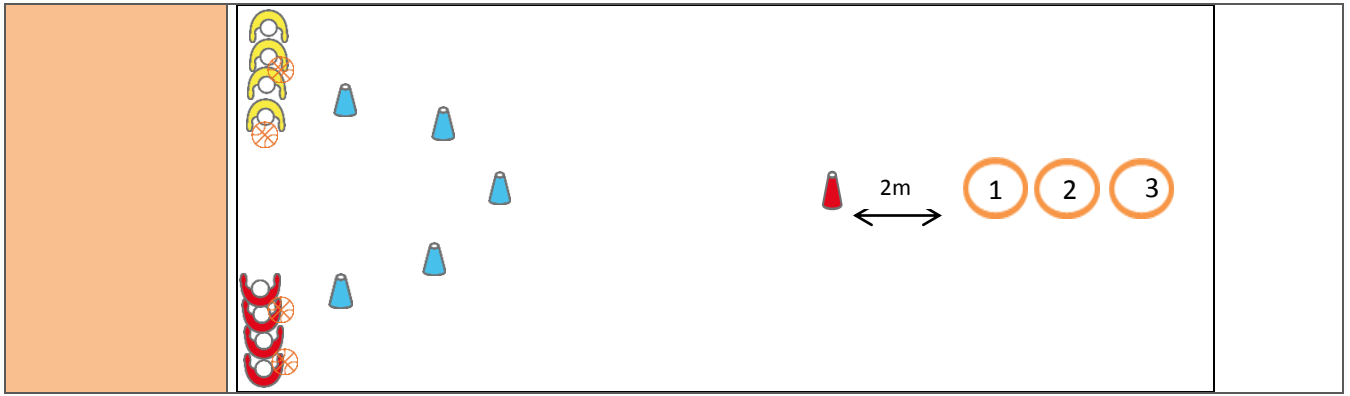


## TEAMWORK




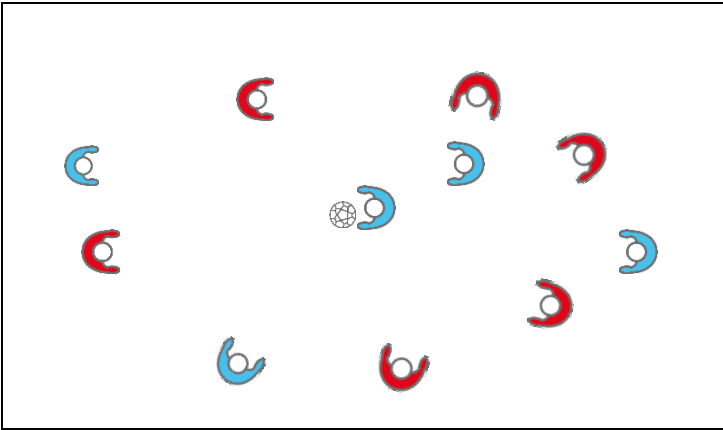
Age	Number of children	Duration
8-14	8-20	20-25 min
<b>AIM OF GAME</b>	Collect more balls than the opposite team	
<b>RULES AND INSTRUCTIONS</b>	<p>Divide the group in two teams: each team starts from one side of the field; the two zones are divided by a line of cones. Each team has the same number of tennis balls (at least 5 per team). The balls are put on cones, on the bottom line of the field).</p> <p><u>Round 1:</u></p> <p>Players have to try to collect the balls of the opposing team (attacking) and to prevent the opposing team from stealing their own balls (defending).</p> <p>The collected balls are put on the line and can be re-taken by others.</p> <p>When a player crosses the middle line to reach the balls in the opposite field, s/he can be touched by players from the other team. Who is touched has is “frozen”: s/he needs to wait to be released by a teammate (by touching). If the touched player has a ball, s/he needs to leave it to the opponents (the player who touched will bring it back to his/her line).</p> <p>This round lasts 4 min: the team which has the most tennis balls at the end wins.</p> <p><u>Round 2:</u> → <i>foster cooperation within the teams and strategic thinking</i></p> <p>Ask to each team to split roles: half of the players will be attackers (running to the opposite field to take the balls). The others will be defenders: they will try to touch the players of the opposite team and releasing their teammates. Defenders can move on the whole field but are not allowed to steal balls.</p> <p>Play for 4 min and then exchange the roles.</p> <p><u>Round 3:</u> → <i>foster cooperation among players</i></p> <p>Each team can choose to split roles (or not to do so). Now balls can be moved only through passes. Players are not allowed to move with ball in their hands.</p> <p>Defending is not by touching players, but by intercepting the passes made by the opposite team. The player who intercepts the ball brings it back to his/her team’s line.</p>	
<b>MATERIAL</b>	 10-20 tennis balls,  1 set of jerseys,  20-30 cones	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li><u>To make the game more interesting and fun:</u> Play with different kinds of balls (tennis, volleyball, handball)</li> </ul>	
<b>FIELD</b>		

## WORLD TOUR

Age	Number of Children	Duration
8-12	8-20	20 min
<b>AIM OF GAME</b>	Score as many points as possible in the shortest time.	
<b>RULES AND INSTRUCTIONS</b>	<p>Set in the middle of the two lines 5 cones, forming a semi-circle. Three circles (cones or hoops) are positioned on the opposite side of the field. Split the group in 2 teams, the teams stay in lines at each side of the semi-circle.</p> <p>Each team has 2 balls: the first player of team A (yellow) has a ball in his hand, the second of the team B (red) the same, and so the third player of team A, and the fourth of team B.</p> <p>The teams cooperate to achieve a common objective: complete the relay passing the ball, and try to score points in the circles.</p> <p><i>Each couple can choose how to pass the ball: with hands (like basketball), or feet (like football).</i></p> <p><u>Round 1:</u></p> <p>The first player from team A, passes the ball to the first player of team B, and after passing, s/he moves one position further. The first player of the team B does the same. They proceed in this way until they reach the last cone.</p> <p>Then the couple runs making passes until the red cone: players are not allowed to move while holding the ball in their hands (if passes like basketball) or just shooting the ball in front (if passes like football).</p> <p>Once the couple arrives to the red cone, it has two strikes (one per each player). Each player can decide in which circle to throw the ball: the farthest gives them 3 points, the second 2 and the closest 1. The players have to throw the ball with hands, the ball has to go in the circles without bounces.</p> <p>After they score, they run back and switch lines (ex. The 1<sup>st</sup> player of team A goes now to the line of team B). When the first couple arrives to the red cone, the second couple can start (the starting player is now from team B).</p> <p>The animator has to monitor the points scored the time used in the first round.</p> <p><u>Round 2:</u></p> <p>Change the teams and the position that each player has in the line, in order to change and mix the previous couples.</p> <p>The players have to try to score more points than the first round, in less time (measure the time of the Round 1 and reduce it slightly to make the game challenging).</p> <p><i>If you have a lot of children, you can split the group in 4 teams/lines, and set another field, in order to let all of them participate.</i></p>	
<b>MATERIAL</b>	 4 or 6 balls (of different type);  1 set of jerseys;  25 cones	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li><u>To make the game more funny and inclusive:</u></li> </ul> <p>The ball starts from the end of each team: the players have to pass the ball under they legs (without throwing it at the beginning of the line, but passing and touching with hands). After the shoots, players go in the last position of lines with the ball and re-start.</p>	
<b>FIELD</b>		



## 10 PASSES

Age	Number of children	Duration
8-12	10-20	15-20 min
<b>AIM OF GAME</b>	Make 10 consecutive passes with the ball	
<b>RULES AND INSTRUCTIONS</b>	<p>Two teams with the same number of players in a marked-out space.</p> <p><u>Round 1:</u></p> <p>Players pass the ball by hand to each other: the team who manages to make 10 consecutive passes scores 1 point. Players count passes aloud. After 1 point is scored, the ball goes to the opposite team.</p> <p>The ball is lost when it falls to the ground, goes out from the field or is intercepted by the opposing team.</p> <p>The player who is holding the ball can make only 1 step. Physical contact is not allowed.</p> <p><u>Round 2:</u> → <i>more inclusive</i></p> <p>The rules of Round 1 are maintained, but now:</p> <ul style="list-style-type: none"> <li>- Players have to pass the ball to players of opposite gender</li> <li>- It is forbidden to return the ball to the person who just passed it</li> <li>- In order to score, all players of the team need to touch the ball at least once</li> </ul> <p><u>Round 3:</u> → <i>more challenging and interesting</i></p> <p>The teams start on the field bottom lines: by making passes, they now need to reach the opposite line. Players need to make at least 10 passes before reaching the line: 1 point is scored once the ball is put on the line (after 10 passes).</p> <p>Players can pass the ball to whom they want (as in Round 1), but only backwards passes are allowed (like in rugby).</p> <p>If the opposite team intercepts the ball, they will proceed in the opposite direction to reach the opposite line.</p>	
<b>MATERIAL</b>	 20 cones,  1 set of jerseys,  1 ball	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li>• <u>To adapt the game to the group of children:</u></li> </ul> <p>Change the number of passes according to the abilities of the kids (if with 10 it is too easy, increase the number; if too difficult, reduce the number).</p> <ul style="list-style-type: none"> <li>• <u>To make the game more interesting:</u></li> </ul> <p>Every time a team scores a point, change the aim of the game, using simple calculations. Ex. You have to do 2+3 passes or you have to do 10-2 passes.</p>	
<b>FIELD</b>		

## THE DEFENDER

THE DEFENDER		
Age	Number of children	Duration
8-12	10-20	20-25 min
<b>AIM OF GAME</b>	Eliminate players in lines by touching them with the ball	
<b>RULES AND INSTRUCTIONS</b>	<p>Split the group in two teams. The first team is in the middle and the players form a line holding each other on the shoulders/hips.</p> <p>The first player of this team is the “defender”: he/she defends the others, which means he/she cannot be eliminated.</p> <p>The second team, the attackers, is set in circle around the first team.</p> <p><u>Round 1:</u></p> <p>The players in circle make passes by hand before shooting on the players in the middle, trying to eliminate them by touching their legs with the ball.</p> <p>Players can move with the ball in their hand, but need to make at least 3 passes before they shoot.</p> <p>Touched players become attackers. If the players are touched elsewhere than the legs or if the ball touches the ground (rebound) before, they can keep playing.</p> <p>The chain of defenders cannot be broken; defenders can move everywhere in the field while attackers are not allowed to enter the circle.</p> <p><u>Round 2:</u> → <i>inclusive and fostering cooperation among boys and girls</i></p> <p>Changes only for attackers: the rules of Round 1 are maintained, but now girls can only pass the ball to boys and boys to girls.</p> <p><u>Round 3:</u> → <i>fun and challenging</i></p> <p>Now all attackers have a scarf (shirita). Add a second “untouchable” defender to the team in the center: this player is the last of the line and has to try to catch the scarves from the back of the attackers. He/she cannot be eliminated.</p> <p>The attackers that lose their scarves can only pass the ball to their team mates but are not allowed to shoot.</p> <p>Switch the roles of the teams in each round.</p>	
<b>MATERIALS</b>	2 Balls,  8 cones,  3 sets of jerseys (2 teams + scarves)	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li>• <u>To make the game more fun and interesting:</u></li> </ul> Play with 2 balls	
<b>FIELD</b>		



## PRISONER BALL

Age	Number of children	Duration
8-12	10-20	20 min

**AIM OF GAME** Bring all players of the opposite team to the “Stop areas”

**RULES AND INSTRUCTIONS**

Split the players in two teams. Organize the field as shown on the diagram: each team is set on one half of the field.

Players have to try touching players from the opponent team with the ball. Players can make passes to their teammates, including those in the “stop areas” and among “stop areas”. It is forbidden to throw the ball above the shoulders of opponents.

Players are not allowed to get out of their field, but they have the right to move with the ball in their hands.

If a player is touched, he/she has to go to one of the opponent’s “stop areas”. If a player catches the ball with two hands before it hits him/her, he/she is not considered as touched and can continue playing immediately.

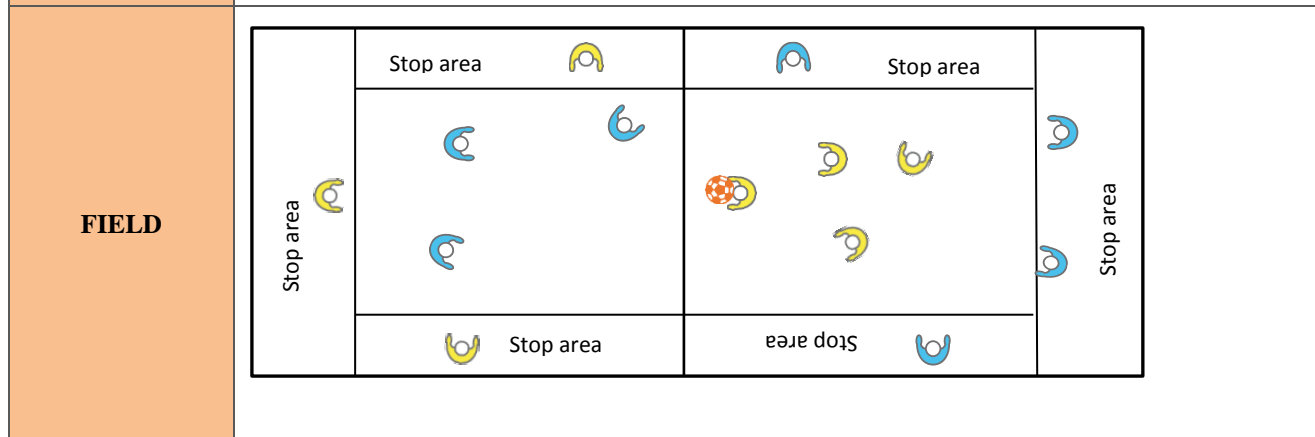
If a player caught in the one of the “stop areas” touches a player from opponent team, he/she can return in his/her field (he/she cannot be touched while coming back).



The winner team is the one that succeeds in bringing all opponents to its “stop areas”.

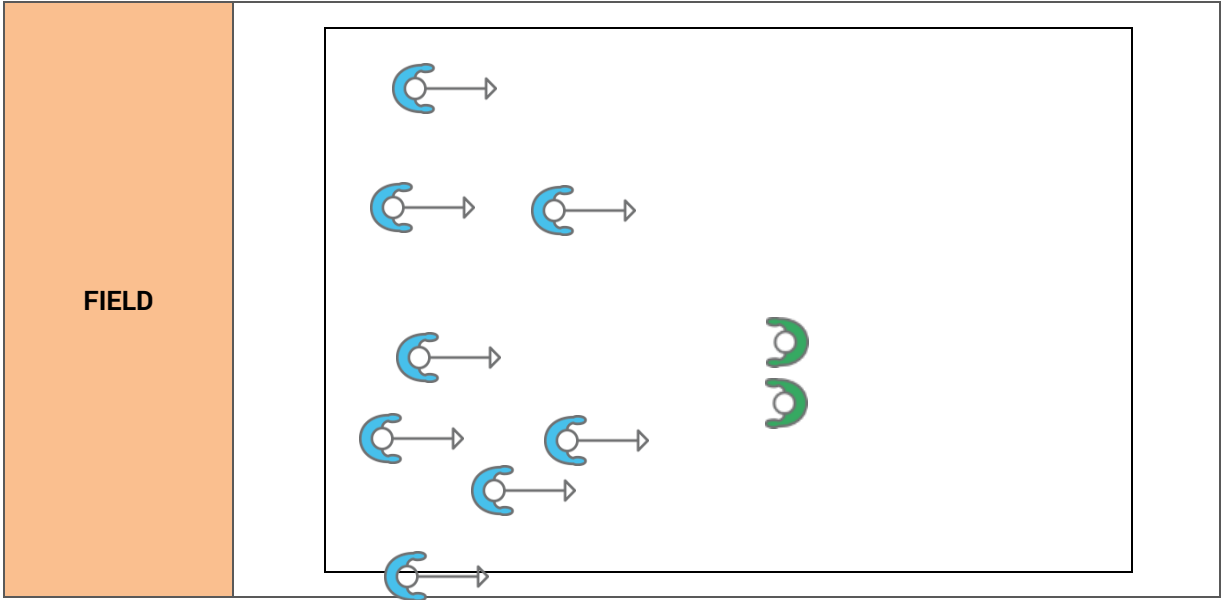
Play two rounds by 8 minutes.

**MATERIAL** 🏐 1 volleyball ball (+ 1 for variable), 🚫 30 cones




- VARIABLES**
- To make the game more interesting and fun:
    - Play with two balls
  - To foster participation and cooperation among players:
    - Players need to make at least 3 passes before having the possibility to throw at the opposite team



NET		
Age	Number of children	Duration
8-12	10-20	15 min
<b>AIM OF GAME</b>	Fishes: cross the net of fishermen and reach the other side of the field Fishermen: catch fishes	
<b>RULES AND INSTRUCTIONS</b>	<p>Two children are fishermen (or 4/6, depending on the number of children), the others are fishes. The fishermen start from the middle of the field, while the fishes start from one side.</p> <p><u>Round 1:</u></p> <p>Fishermen move in pairs, holding hands, while fishes run alone. When the animator gives the signal, the fishes start to run, in order to reach the other side of the field. The fishermen have to catch them, by touching them.</p> <p>The fishermen start from the middle of the field, but they can move all around it. It's forbidden for fishermen to play without holding hands. When a fish is touched or goes out from the field, he/she has to join the fishermen chain.</p> <p>The game continues until only one fish remains.</p> <p><u>Round 2:</u> → <i>foster cooperation among players</i></p> <p>Fishes now play in groups of 3; each group has a ball. Fishermen play without holding hands.</p> <p>The groups of fishes have to cross the field passing the ball by hand with hands, while fishermen have to try to block the passes and catch the balls. Fishes are not allowed to walk while holding the ball in their hands.</p> <p>If a fisherman catches the ball, the group of fishes split: the one that was throwing the ball goes to play with fishermen, while the others continue to play with the fishes, joining other groups. The caught ball is taken out from the field. In this way, the group of fishes will increase progressively.</p> <p>If the ball falls to the ground, fishes can catch it and continue making passes. If it is caught by fishermen, instead, it counts as lost ball and the above-rule applies.</p>	
<b>MATERIAL</b>	 20 cones,  4 to 8 balls (for the 2 <sup>nd</sup> round)	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li><u>To make the game more interesting:</u> Make passes by foot</li> </ul>	

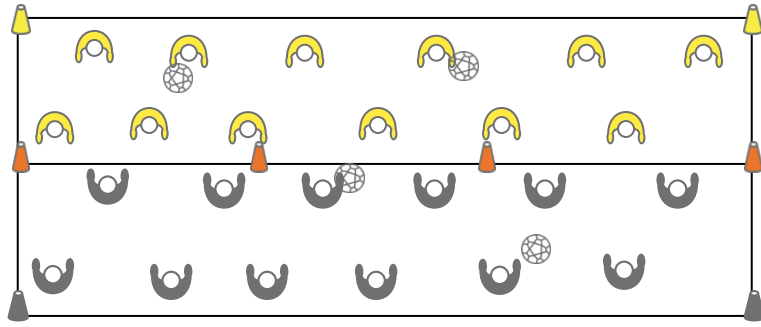


## ROLLING

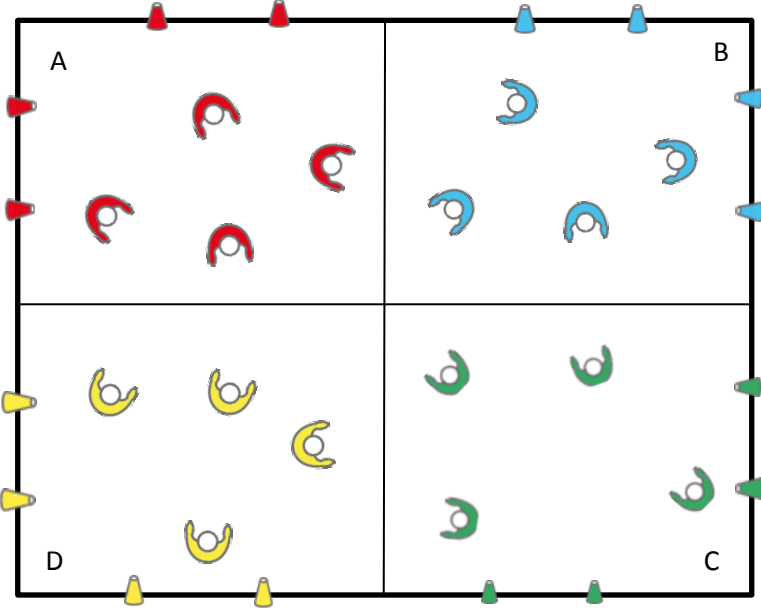
Age	Number of children	Duration
8-12	10-30	20-25 min
<b>AIM OF GAME</b>	Score more points than the opposite team	
<b>RULES AND INSTRUCTIONS</b>	<p>Each round lasts 5-6 minutes: the team which scores more points wins.</p> <p><u>Round 1:</u></p> <p>Create 2 teams; each team is positioned on one side of the field. Start the game with 2 balls on each side.</p> <p>The aim of each team is to score points by throwing the ball through the opposite team's goals (yellow and grey cones). <b>The ball has to roll on the floor (without bouncing).</b></p> <p>Players can to passes among each other, in the air.</p> <p>Players are not allowed to:</p> <ul style="list-style-type: none"> <li>- Throw the ball to the other side without rolling it</li> <li>- Throw or pass the ball using feet</li> <li>- Run/walk with the ball in their hands</li> <li>- Keep the ball in their hands for more than 5 seconds</li> <li>- Enter the adversary's field</li> </ul> <p>If these rules are not respected, and every time a goal is scored, the ball goes to the opposite team.</p> <p><u>Round 2:</u> → <i>Interesting and Fun</i></p> <p>Now play with 4 teams (divide each team in two, so that each of them has one square of the field). Each team starts with 2 balls.</p> <p>The rules of Round 1 are maintained, but now:</p> <ul style="list-style-type: none"> <li>- Each team will have to defend two goals (on both external sides of the team's area – see second schema)</li> <li>- Each team can try to score points rolling the ball to the two “neighboring” teams (not allowed to cross the ball to the opposite corner)</li> </ul> <p><u>Round 3:</u> → <i>Foster cooperation</i></p> <p>Play with the rules of Round 2. Now teams cooperate two by two (ex. Team A plays with Team C against Team B and Team D).</p> <p>Allied teams are allowed to make passes to each other (in the air).</p> <p>Give the instructions and then leave teams 3 minutes to discuss and elaborate a strategy. If you have enough time, play this round twice.</p>	
<b>MATERIAL</b>	 8 or more balls (volley or other soft balls + tennis balls)  1 set of jerseys  20 cones	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li>• <u>To make the game more interesting and fun:</u></li> <li>- Round 1 only: progressively increase the number of balls</li> <li>- Use tennis balls</li> </ul>	




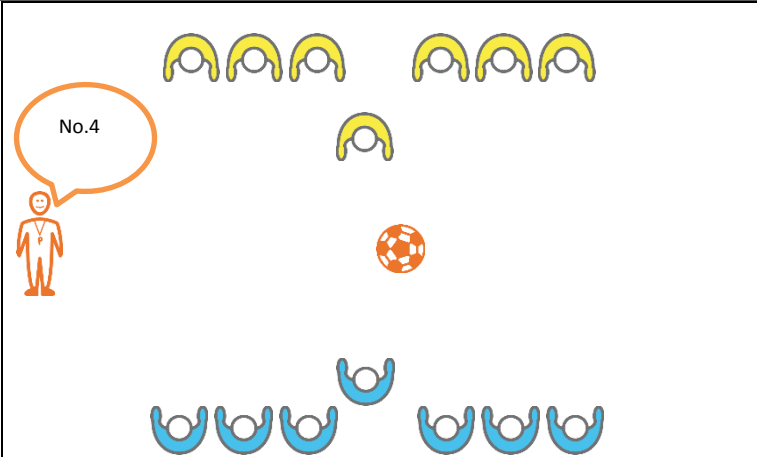
**FIELD**

Round 1



Round 2  
Round 3



NUMBERS		
Age	Number of children	Duration
8-12	10-20	20-25 min
<b>AIM OF GAME</b>	Score more points than the opposite team(s)	
<b>RULES AND INSTRUCTIONS</b>	<p>Create two to four teams (depending on the number of players). Teams face each other; a ball is in the center of the field. All players have a scarf on their hips.</p> <p>Give each player a number, starting with the number 1 and up to X, where X is the number of players in a team.</p> <p><u>Round 1:</u></p> <p>Call out one number: the player of each team having that number runs to take the ball.</p> <p>The player who catches the ball tries to bring it back to his/her team to score 1 point; the other one tries to take his/her scarf: if he/she takes the scarf from the back of the other player, the point goes to the other team, and the ball is put back to the center.</p> <p><u>Round 2:</u></p> <p>Change the numbers given to the players, in order to have different matches.</p> <p>Now the animator can choose to call 1, 2 or 3 numbers at the same time (alternating). If he/she calls:</p> <ul style="list-style-type: none"> <li>• <b>1 number:</b> players run and try to catch the ball, as in Round 1;</li> <li>• <b>2 numbers:</b> one player jumps on the back of the other and together they try to catch the ball in the middle. The couple who catches the ball first has to bring it back this to its team, while the other couple tries to take one of the scarves.</li> <li>• <b>3 numbers:</b> 2 players make a sit with their arms, the third one sits on it. The one that is sitting has to catch the ball. The team that doesn't catch the ball has to try to catch one of the scarves.</li> </ul>	
<b>MATERIAL</b>	 1 ball  3 sets of jerseys  20 cones	
<b>VARIABLES</b>	<p>- <u>To foster cooperation among players:</u></p> <p>In Round 1, call two or more numbers (instead of one): in this case, players of the team who catches the ball have to make passes, while the other two try to intercept the ball.</p>	
<b>FIELD</b>		

## REACH THE HOOP

Age	Number of children	Duration
8-12	10-20	20-25 min

**AIM OF GAME** Reach the hoop without being caught by the defenders.

**RULES AND INSTRUCTIONS**

Make 3 equal teams: 2 have to reach the hoops, set in the opposite part of the field, while 1 team is made by the defenders.

Divide the field in two halves, and put 2 hoops (or circles made by cones) at the end of each court. Put some 3 balls in each of the hoops. Defenders will be split equally in the two zones.

Set the departure's zone on the opposite side of the hoops: defenders cannot enter in this zone.

Round 1:

The 2 teams of attackers have a scarf on their back/hips.

Players of both teams of attackers run (all start together), trying to reach the hoops without being caught by the defenders. The defenders have to take off the scarves of the attackers, avoiding them to reach the hoops: when an attacker is caught, s/he has to stop in the exactly place where defenders stopped her/him. Players who reach the hoops have to take balls from there, and try to release their teammates by throwing them the ball: a player is freed only if he/she catches by the ball (bounces are not allowed). They have one shoot per each caught player; if a player is not released, s/he becomes a defender (*change jersey*).

Defenders cannot enter in the hoops and are not allowed to intercept passes made to release attackers. After the first run, "free" players go back to the departure's zone, and run again.

Do 3 rounds of 4 minutes so all the 3 teams can play one time as defenders. The team that has more safe players at the end of the 3 rounds wins.

Round 2:

Now players do not have scarves. Each team has 6 balls in the departure zone.





The attackers start all together to bring the balls to the hoops. Players are not allowed to move holding the ball: the only way to reach the hoops is passing the balls among players.

Passes should be of different type: by throwing, rolling, bouncing, etc. All balls can be moved at the same time, but players are not allowed to hold more than one ball.

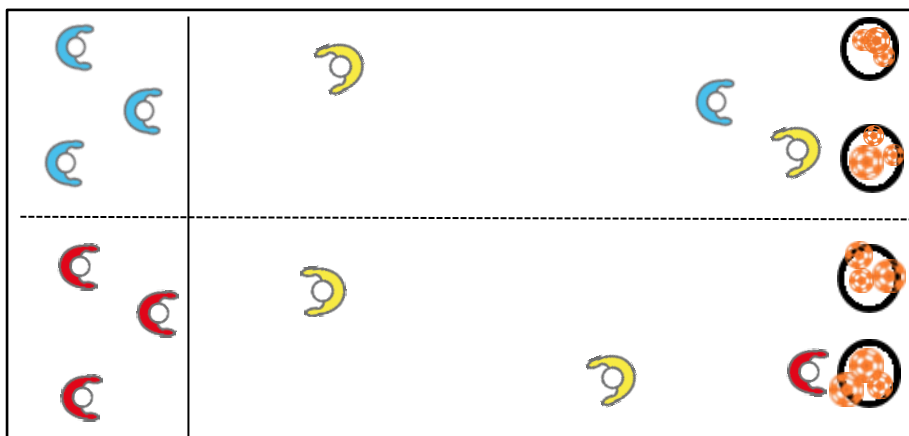
The defenders have to intercept the passes, in order to block the other players: when the defenders intercept the ball, the player who was throwing it becomes a defender (*change jersey*), while the other one continues to play with her/his team. Defenders cannot enter in the hoops.

Do 3 rounds of 4 minutes so all the 3 teams can play one time as defenders. The team that has more safe players at the end of the 3 rounds wins.

**MATERIAL**

 12 balls (different kinds),  2 sets of jerseys,  20 cones,  4 Hoops

**FIELD**



## CLOCK AND TUNNEL

Age	Number of children	Duration
8-12	10-15	15-20 min

**AIM OF GAME**

Round 1 and 2: Be the team which finishes first the relay  
 Round 3: Finish the relay within the available time

**RULES AND INSTRUCTIONS**

Create two to four teams. The teams are disposed in column; teams face each other (as in the schema). The first player of each team has a ball.

Round 1:

At the starting signal, the first player gives the ball to the player behind him/her by passing it under his/her legs, until the ball reaches the last player in line. That person then runs holding the ball around the other teams and comes back to the front of his/her team's line. He/she then passes the ball to the player behind him/her and the game continues until all the players in the team have made their run. The first team to finish the round wins.

All players run in the same direction (clockwise, as shown by arrows).

Round 2:

The rules of Round 1 are maintained. Now children have to dribble the ball (either as in football or in the air) while running around the circle.

Round 3:

The game continues as in previous rounds, but this time:

- Fix a "time challenge": players win all together if they manage to run all in the given time (the Animator should take the time of the previous rounds and reduce it slightly) → *children cooperate for a common objective*
- Players stop one team before theirs (ex. Blue players join the red team, Grey players join the blue team, etc.) → *children mix and cooperate with all others*

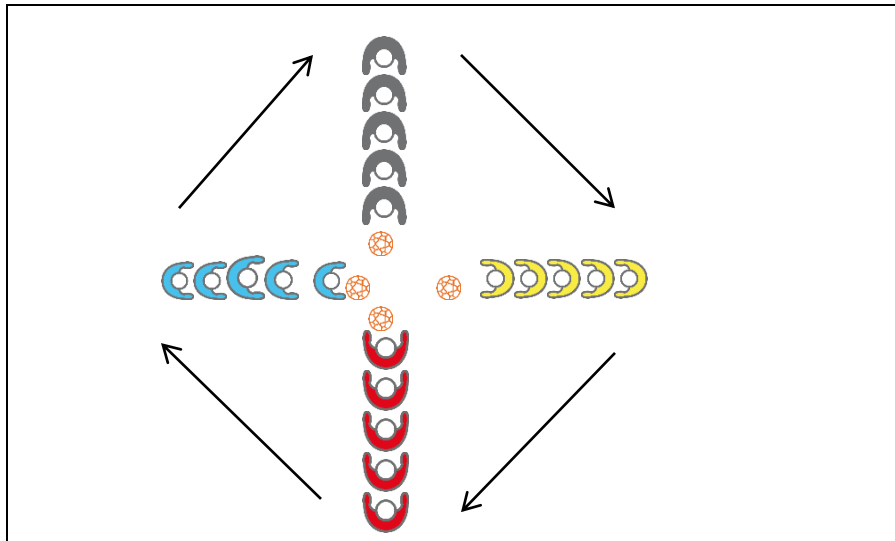
**MATERIAL**

4 balls     
 3 sets of jerseys     
 4 cones

**VARIABLES**

- To make the game more interesting:
  - Start sitting
  - Change the way children pass the ball to each other: over the head, on the side, as in volleyball

**FILED**





## FULL HOUSE

Age	Number of players	Duration
8-12	15-20	25 min

**AIM OF GAME** Specific for each Round

The players are split in 4 groups: each group creates a line in one corner. In every corner there is hoop (or circle made with cones).

***All the teams play together to reach a common objective.***

Items are spread in the “House” in the center of the field (balls, jerseys, cones, etc). At the start signal, a player from each team has to run, take one object and bring it to the hoops in the corners. Then he/she claps into the next player’s hand, who starts running.

Players can only take one object at a time. The game continues until the objective is achieved or the given time is over (*different instructions and objectives for the different rounds*).

Round 1:

- Each player can choose all the hoops, except the one set in his/her corner: he/she will then stay in that group.
- The players have to put the same kind of items in each of the hoops (ex. Balls in the first hoop, jerseys in the second, blue cones in the third, yellow cones in the fourth).

Round 2:

- The players have to run, catch an object from another small house (hoop) and bring it to the House in the center: after that, he/she will run back to the group he/she came from.
- The aim is to make all the small houses empty at the same moment.

Round 3:

- The players have to put in each hoop the same material in the same number (ex. 3 blue cones, 4 yellow cones, 2 balls, 4 jerseys in each hoop. You can choose number and kind of material depending on what you have).
- The players have to run, pick an object from the huge house in the middle, and bring it in the hoops on each corner.
- The players can choose all the hoops, except the one set in his/her corner.

Round 4: (*the material has to be brought back to the central House*)

- Give a score to each kind of material (ex. Blue cones=1 pts, yellow cones=3 pts, jerseys=2 pts, balls=0,5 pts)
- The players have to put in each hoop different materials, in order to reach a certain score (ex 15 points in total).
- The players have to run, pick an object from the house in the middle, and bring it in the hoops on each corner.
- Each player can choose all the hoops, except the one set in his/her corner: he/she will then stay in that group.
- Repeat this round twice: put a time objective for the second round (ex. 15 points in 1 minute).

During each round the players that are waiting for their turn, have to help the ones who are running in checking and counting materials and points.

### RULES AND INSTRUCTIONS

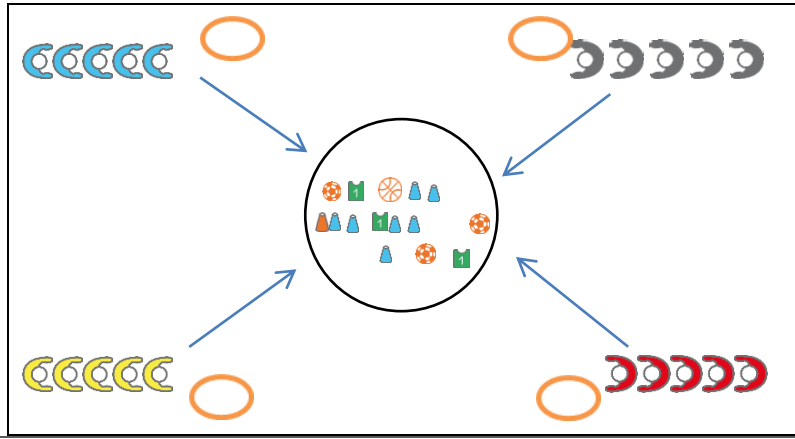
### MATERIAL




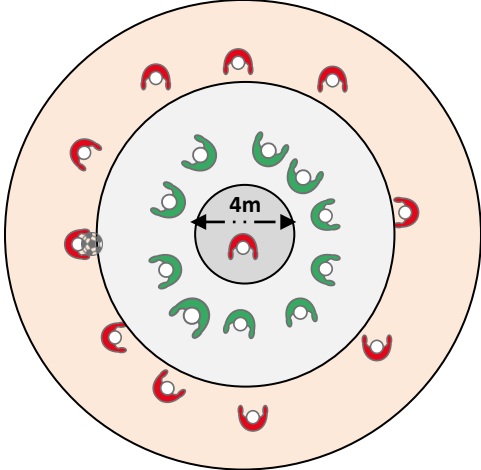





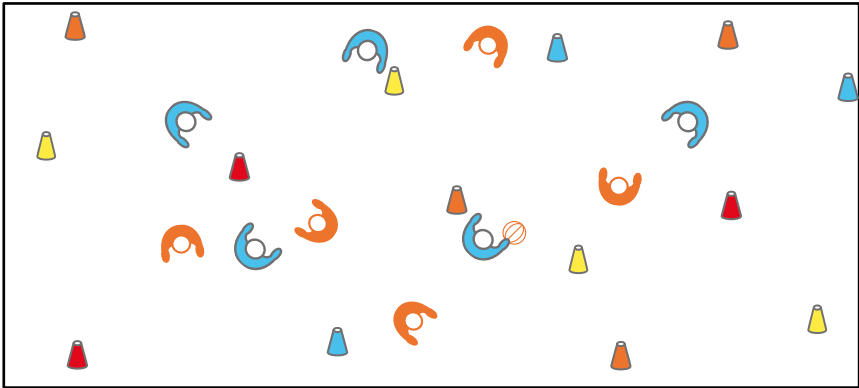
10 balls (different kind), 10 jerseys (different colors), 20 cones (different colors) and other items

*Minimum 40 objects in total for 20 players*




**FIELD**

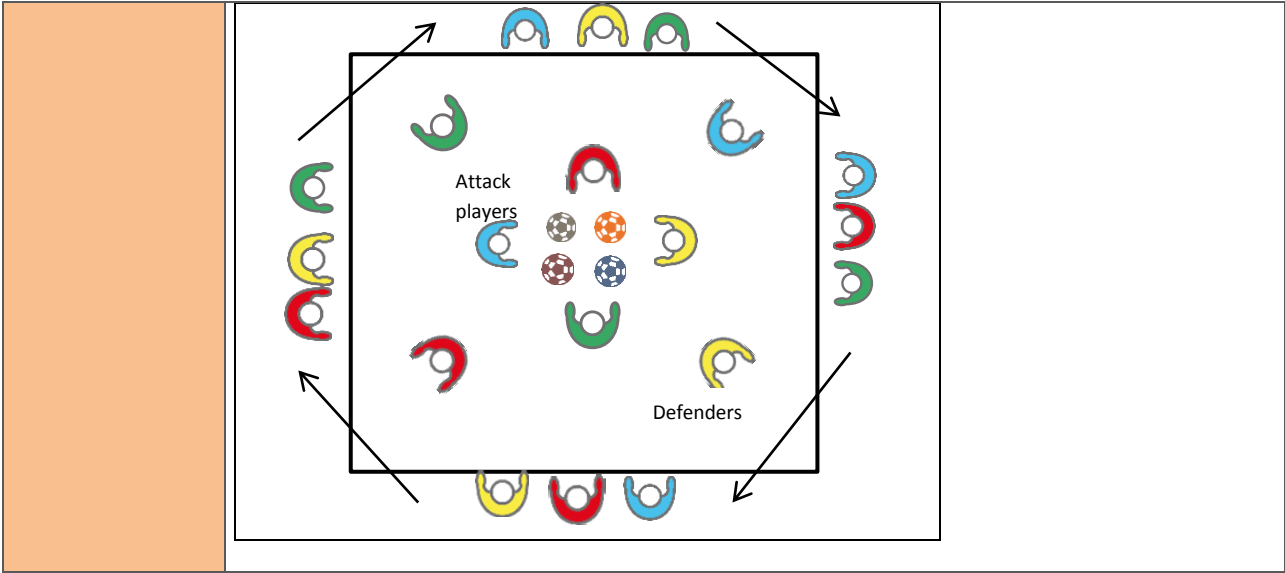


FEARED BALL		
Age	Number of children	Duration
8-12	10-20	15-20 min
<b>AIM OF GAME</b>	To score more points than the opposite team	
<b>RULES AND INSTRUCTIONS</b>	<p>Create two teams. One team is positioned in the green area and one in the pink area. Start with one ball only.</p> <p>In order to score a point, the players of the outside field (red team) need to throw the ball to the red player in the internal grey area: if the central player catches the ball, the red team scores 1 point. The opposite team (green) tries to block the ball: in case the green players catch the ball, they give it back to the red team.</p> <p>Rotate the central player every 2 minutes, to that others can experience this position; exchange the teams after 4-5 minutes.</p> <p>The team who scores more points wins.</p> <p>Players are not allowed to:</p> <ul style="list-style-type: none"> <li>- Walk/run with the ball in their hands</li> <li>- Shoot two times in a row (→ need to pass)</li> <li>- Leave their zone or enter the grey area</li> </ul>	
<b>MATERIAL</b>	 2 or 3 balls  2 sets of jerseys  20 whistles	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li>• <u>To foster cooperation among players:</u> Players need to make at least 3 passes before having the right to shoot.</li> <li>• <u>To make the game more interesting and fun:</u> <ul style="list-style-type: none"> <li>- Enlarge or reduce the internal circle (grey area)</li> <li>- Add one ball (two or more balls at the same time)</li> <li>- Once the central red player catches the ball, he/she can try throwing the ball on green players (only on legs): if he/she touches someone, the red team gets 2 points (instead of 1).</li> </ul> </li> </ul>	
<b>FIELD</b>		


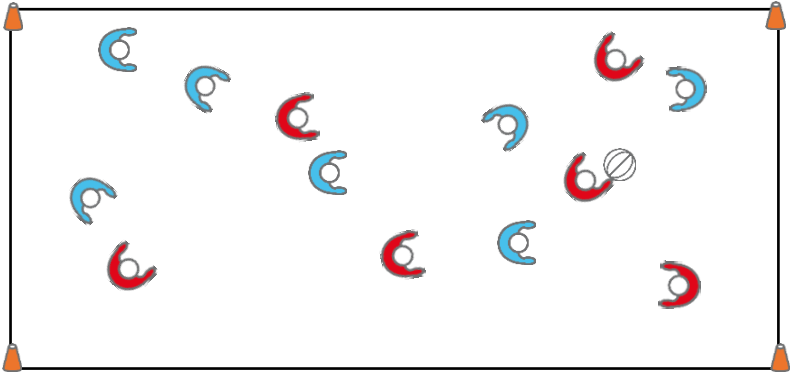
<b>THE POLE</b>		
<b>Age</b>	<b>Number of children</b>	<b>Duration</b>
8-12	10-20	20-25 min
<b>AIM OF GAME</b>	Round 1: Score more points than the opposite team Round 2: Score as many points as possible in the given time	
<b>RULES AND INSTRUCTIONS</b>	<p>Different colored cones are spread on the field.</p> <p>Players are divided into two teams. Teams have to attack and defend at the same time.</p> <p><u>Round 1:</u></p> <p>The animator announces a color: to score a point, players must touch a cone of that same color with the ball.</p> <p>Players are not allowed to move with the ball in their hands: they need to pass the ball to their teammates to reach the cones. In order to defend, the opposite team tries to intercept the ball. The ball is lost when it falls to the ground, exits from the field or is intercepted by the opposing team. All physical contacts are forbidden.</p> <p>The animator changes the color frequently: first, he/she shouts it, then he/she only shows the color (children will need to be more attentive).</p> <p><u>Round 2: → Cooperative</u></p> <p>The animator asks players to spread on the field, splitting all around it.</p> <p>Player are still divided into two teams, but each team can touch only cones of two colors (ex. Team A can touch only blue and red cones, Team B only yellow and orange). Players can pass the ball to everybody (independently from the team). The animator announces the color to be touched and changes color frequently.</p> <p>Each cone should be touched only one time, when it happens, the cone is turned. All the players have to touch at least one cone.</p> <p>They all cooperate to score the highest number of points possible in 3 minutes.</p> <p>Repeat this round 3 times: each time, the objective is to increase the number of points scored in the given time.</p>	
<b>MATERIAL</b>	 2 balls,  1 set jerseys,  2 cones (4 colors)	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li>• <u>To foster cooperation between boys and girls:</u> Boys are only allowed to pass to girls and girls to boys</li> <li>• <u>To make the game more interesting and fun:</u> <ul style="list-style-type: none"> <li>- Play with two balls</li> <li>- Reduce the number of the cones every minute</li> </ul> </li> </ul>	
<b>FIELD</b>		

## CANADIAN BALL




Ages	Number of players	Duration
8 – 12	16-28	20 min
<b>AIM OF GAME</b>	Round 1 and 2: Score more points than the other teams Round 3: Achieve the objective in the given time	
<b>RULES AND INSTRUCTIONS</b>	<p>Make a square field. Split the group in 4 teams (green, red, yellow, blue).</p> <p>At least one player from each team has to be on each side of the square. These players will have to pass the ball each other, in order to collect more points than the other teams (ex. Green players on each side will pass the ball to each other)</p> <p>One player of each team is in the middle of the square: he/she will play as defender trying to block the passes of the other teams.</p> <p>4 balls are in the middle of the square. Rotate defenders every 2 minutes.</p> <p><u>Round 1:</u></p> <p>At the animator’s signal, one player from each team (1 green, 1 red, 1 yellow, 1 blue; each of them starting from a different side of the field) runs to the middle, picks one ball and from there, s/he passes the ball to the other members of his/her team on the sides. The passes all follow the same order (clockwise – as shown by the arrows).</p> <p>The central player is not allowed to move with the ball in his/her hands; players on the side are allowed to move along the line (sideline of field).</p> <p>Meanwhile the defenders in the middle have to try to catch the passes of the other teams. Defenders are not allowed to step out from the square field.</p> <p>To complete one round and score 1 point, the ball needs to return to the player who took it from the middle: once he/she receives it, he/she puts it back to the center, runs to the his/her teammates, claps in his/her hand and takes his/place. The rotation of players follows the same order as the passes (clockwise: ex. Blue player 1 runs to the center, makes all passes, then runs to Player 2 and takes his/her position while player 2 runs to the center).</p> <p>If defenders catch the ball, they put it back to the middle (starting position): the player who lost the ball runs to the following player; his/her team will not have the possibility to score a point.</p> <p>This phase lasts 10 minutes: the team which scores more points wins.</p> <p><u>Round 2:</u> → <i>Cooperative</i></p> <p>There are no defenders anymore: all players are positioned on the four sides of the square. Now all teams cooperate for a common objective: ALL players need to touch ALL balls at least once in a given time (2 minutes – <i>to be adapted depending on the capacities and number of players</i>).</p> <p>As in the previous phase, at the signal one player of each team will run to the center to catch the ball: from there he/she will start making passes. This time, he/she can pass to all players, independently from the team. The order of the passes still goes clockwise.</p> <p>Players on the side can pass balls to all players, following the order (clockwise).</p>	
<b>MATERIAL</b>	 4 balls of different kind (volleyball and handball),  3 sets of jerseys  20 cones (for the field)	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li>• <u>To make the game more fun and interesting:</u></li> <li>- Passes are made by foot</li> <li>- In Phase 2, players on the side can pass the ball to everyone, except players on the same side of the field (not following the clock order)</li> </ul>	
<b>FIELD</b>		



## MOTIVATED

Age	Number of children	Duration
8-12	10-20	20 min
<b>AIM OF GAME</b>	<p>Round 1: Be the last player on the field</p> <p>Round 2: Eliminate all players of the opposite team, or be the team with more players on field at the end of the round</p>	
<b>RULES AND INSTRUCTIONS</b>	<p><u>Round 1:</u></p> <p>The animator throws the ball on the field. The first player who catches it has to touch another player by throwing it. He/she cannot make more than three steps with the ball in his/her hands.</p> <p>If player A is touched by B, he/she leaves the field. If B gets touched in turn, A and all those who were touched by B come back on the field.</p> <p>If the targeted player catches the ball, he/she is safe and continues playing.</p> <p>Players can be touched from the shoulders to the feet. Players cannot keep the ball more than 3 seconds.</p> <p>Play two rounds of 5 min. Always remind children to remember who touched them.</p> <p><u>Round 2: IN TEAMS</u></p> <p>Now split the players into two to four teams (depending on the number of players).</p> <p>The rules of Round 1 are maintained, however:</p> <ul style="list-style-type: none"> <li>- Play with two balls</li> <li>- Players from the same team can make passes to each other in order to move the ball faster</li> <li>- Players touched can come back to the game if the person who touched them gets touched (as Round 1) AND if their teammates pass them the ball and they catch it</li> <li>- The team who has more players on the field at the end of the round wins</li> </ul> <p>Play two rounds of 5 min.</p>	
<b>MATERIAL</b>	 2 volleyball balls, 1 3 set of jerseys, 20 cones (for the field)	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li>• <u>To make the game more interesting and fun:</u> <ul style="list-style-type: none"> <li>- Play with different balls (avoid football balls)</li> </ul> </li> </ul>	
<b>FIELD</b>		

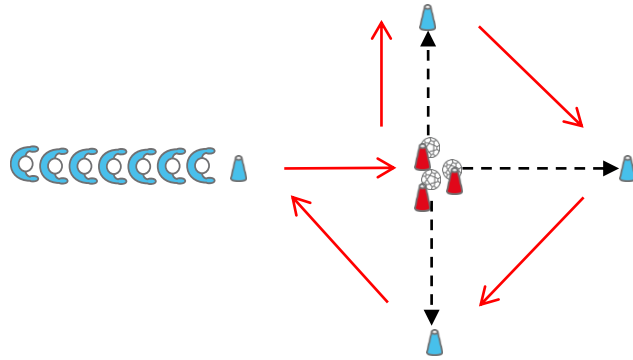
## SQUARE

Age	Number of children	Duration
8-12	10-20	20-25 min
<b>AIM OF GAME</b>	Finish the race before the other teams	
<b>RULES AND INSTRUCTIONS</b>	<p>Create 2 or more teams. Each team forms a line. Put three tennis balls on the red cones (<i>use other balls if you don't have enough tennis balls</i>)</p> <p><u>Round 1:</u></p> <p>The first player runs to the cones and brings each ball to each blue cone (one by one). When he/she comes back into the line, he/she slaps the hand of the second player. The second player grabs each ball, one by one, and brings them back to the red cones in the middle of the field; the third player starts again as the first player and so it keeps going.</p> <p>Balls should be carried one by one. Balls have to be set on the cone: if the ball rolls, the player goes back and brings it on the cone.</p> <p><u>Round 2:</u> → <i>More interaction among players and more dynamic</i></p> <p>Put a player next to each blue cone: the balls are no longer carried but passed amongst the four players (2 passes for each ball). After the passes, the players rotate in the direction of the red arrows: in this way all players play in all positions.</p> <p><u>Round 3:</u> → <i>Cooperative</i></p> <p>Now teams are positioned in the four corners of the field; four cones are in the center, one ball on each of them. The distance between the red and the blue cones is different.</p> <p>At the signal, the first players of each team have to run, take one of the balls from the red cones and bring it to the corresponding blue cone. Each player is free to take the ball he/she wants: he/she will then join the team which is the closest to the blue cone. The second player can start running only after the first one claps in his/her hand: he/she will bring the ball back to the red cones in the center of the field and go to the closest team → <i>children mix</i></p> <p>Players have a common objective: all players (from all teams) need to run once in a given time (1 minute).</p> <p>Play this round twice: after the first time, leave 3 minutes to children to discuss a strategy to be faster → <i>children will agree on who moves the closer balls and who the further ones, depending on their capacities</i></p>	
<b>MATERIAL</b>	 3 balls by team  6 cones by team  1 set of jerseys by team	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li>• <u>To make the game more interesting and fun (Rounds 1 and 2):</u></li> <li>- Change the type of ball</li> <li>- Make a slalom between the departure line and the red cones</li> </ul>	

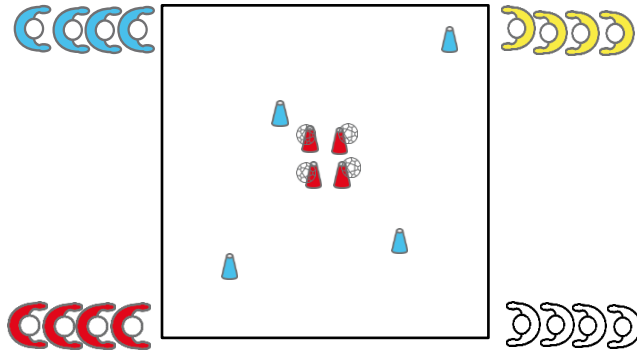


**FIELD**



Rounds 1 and 2:



Round 3:



## CONTAINER

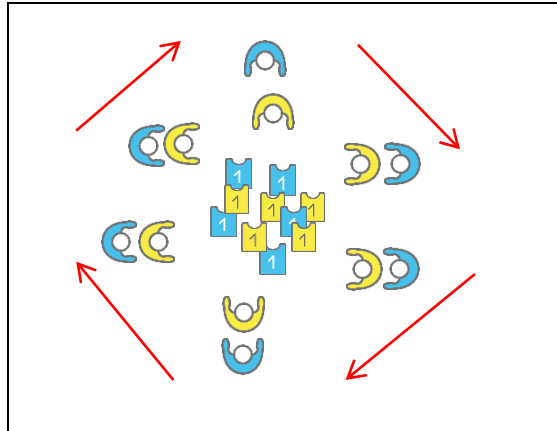
Age	Number of children	Duration
8-12	15-20	15 min
<b>AIM OF GAME</b>	Round 1 and 2: To be the first team finishing the relay Round 3: Complete the relay in the given time	
<b>RULES AND INSTRUCTIONS</b>	<p>Create two or more teams. There is one hoop/circle made with cones in front of each team.</p> <p><u>Round 1:</u></p> <p>The first player from each team runs to the hoop/circle, enters it, and takes off his/her jersey, leaving it there. Then the player runs back to his/her team and claps in the hand of the second player who continues in the same way. The relay continues until all players ran once. It is forbidden to start taking of the jersey before reaching the hoop.</p> <p>The team who finishes first the relay wins.</p> <p><u>Round 2:</u> → <i>couples (interaction players)</i></p> <p>Play in couples (2 players of the same team). Players run holding hands. Once they arrive to the hoop, each player puts on the jersey to the other one. Players can leave the hoop only once they put on the jersey properly.</p> <p>The team who finishes first the relay wins.</p> <p><u>Round 3:</u> → <i>cooperation</i></p> <p>Now the two teams are positioned in circle: behind each yellow player there is one blue player. All jerseys are spread in the center of the circle (colors mixed).</p> <p>At the animator's signal, all blue players (external circle) start running around the circle: they make one complete round, get back to their starting point, and pass under the legs of the yellow player who was in front of them. Players run in the direction of the clock (as shown by the red arrows).</p> <p>Once they are inside, players grab a jersey of the opposite color and put it on one of the players. Ex. The blue player catches a yellow jersey and puts it on a yellow player: he/she can choose on which player to put the jersey; then takes his/her place.</p> <p>Once the yellow player receives a jersey, he/she starts running and repeats the same with the blue jerseys.</p> <p>Repeat this round twice. The second time put a time challenge: all jerseys need to be collected in 2 minutes (adapt the time based on the performance during the first round). Leave time to children to elaborate a common strategy before starting this final phase.</p>	
<b>MATERIAL</b>	<div style="display: flex; align-items: center; justify-content: space-around;"> <div style="text-align: center;">  3 sets of jerseys         </div> <div style="text-align: center;">  Cones         </div> </div>	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li>• <u>To make the game more interesting and fun:</u></li> </ul> Change the way of moving towards the hoop (for Rounds 1 and 2): <ul style="list-style-type: none"> <li>- Run backwards</li> <li>- Slalom with cones</li> <li>- Jump with two legs / one leg</li> </ul>	

Rounds 1 and 2:



**FIELD**

Round 3:



## 10 SECONDS

Age	Number of children	Duration
8-12	15-20	15-20 min

**AIM OF GAME** Round 1: Catch the ball that the opposing team is passing around  
Round 2: Touch one of the players without ball

**RULES AND INSTRUCTIONS**

Create two teams: one is in the square, while the other one is in the area surrounding it. Players from the outside field (yellow) have numbers (first player is n.1 and so on). They slowly run around the field while the opposing team on the field passes the ball freely.

Green players are not allowed to move with the ball in their hands and cannot keep the ball for more than 3 seconds.

Round 1:

When the animator calls out a number the player from the yellow team goes in the field and tries to catch the ball in 10 seconds (counted out loud by the animator and the players). If the player succeeds, than his/her team wins a point.

*If too complicated for the yellow players, then call two numbers at the same time.*

Switch the teams every 3 minutes.

Round 2:

Now the aim of the player who is called changes: he/she needs to touch one of the players of the other team (green). He/she cannot touch the player who is holding the ball: players need to be fast in passing the ball to save their teammates before the opposite player touches them.

The player who is touched joins the team outside, while the one who touched stays inside the field; now the animator calls the following number → *teams will mix.*

Careful: now each player will just have the number corresponding to his/her position in the row of players running around the field.

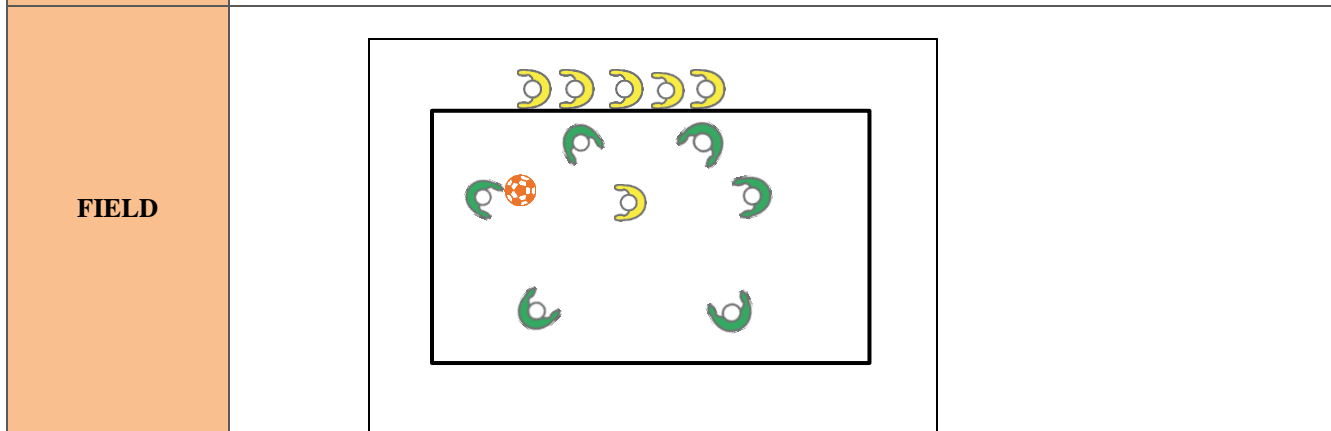
Play a round of 5 minutes, then leave children the time to discuss about a strategy (in teams, as originally divided) and play again switching the teams' position.

**MATERIAL**

 2 balls    
  1 set of jerseys    
  16-20 cones (for field)

**VARIABLES**

- To make the game more interesting and fun:
  - Use a Frisbee (instead of the ball)
  - Use two balls
  - In Round 2: give special instructions to the players running around the field (ex. Instead of calling a number, call simple calculations such as 4+1, 3\*2; change direction of running, so that each player position/number changes, etc.)






## SHARING WINNING

Age	Number of children	Duration
8-12	10-20	20-25 min
<b>AIM OF GAME</b>	Round 1: Be the first team to bring the balls back to its zone Round 2: Bring back all balls in the given time	
<b>RULES AND INSTRUCTIONS</b>	<p>Create two teams. Set 3 balls in two corners of the field (3 for Team A and 3 for Team B). Both teams start from their departure zones, set on the opposite two corners of the field (as in the schema below).</p> <p><u>Round 1:</u></p> <p>Teams must bring their balls to their zones while trying to prevent the other team from doing the same.</p> <p>Players have to bring back the balls one by one. Only when the 1<sup>st</sup> ball has been brought to the departure's zone, the team can start with the second one.</p> <p>Passes of all types are allowed (only with hands); the ball can also hit the ground. If a ball exits the field, it is placed back in its initial corner. Players holding the ball are not allowed to move; the other players can move anywhere on the field but cannot enter the teams' zones.</p> <p>In order to prevent the other team to reach its aim, players can intercept passes between members of the opposite team, catching the ball. If the ball is intercepted, the player who caught it brings it back to the corner of the opposite team.</p> <p>All the players of the team need to make at least one pass before the ball reaches the home.</p> <p>The team that takes the 3 balls in its departure's zone first wins. This round lasts 5/6 min.</p> <p><u>Round 2:</u> → COOPERATIVE</p> <p>The rules and instructions of Round 1 are maintained. Play 3 times in the following way:</p> <ol style="list-style-type: none"> <li>Teams can win only if they bring their 3 balls to their zone within a given time (ex. 1 min – adjust the time based on field dimensions, number of players, and results of previous phase): <i>Teams will keep opposing each other while they could both achieve the objective without interfering with each other</i></li> </ol> <p>Now ask children why they are unsuccessful – leave them 3 min to discuss and identify a solution. <i>The two objectives are not incompatible: both teams can be successful.</i></p> <ol style="list-style-type: none"> <li>Play a second time: <i>Children will focus on their own objective.</i></li> </ol> <p>Now ask children to discuss a strategy to improve their performance and become faster.</p> <ol style="list-style-type: none"> <li>Play once more. Keep the time of each round and show the improvements.</li> </ol>	
<b>MATERIAL</b>	🏐 6 volleyballs or handball balls, 1 1 set of jerseys, 🚫 20 cones	
<b>VARIABLES</b>	<ul style="list-style-type: none"> <li><u>To make the game more interesting and fun:</u> <ul style="list-style-type: none"> <li>Round 2: play with six balls (different kind)</li> </ul> </li> </ul>	
<b>FIELD</b>		

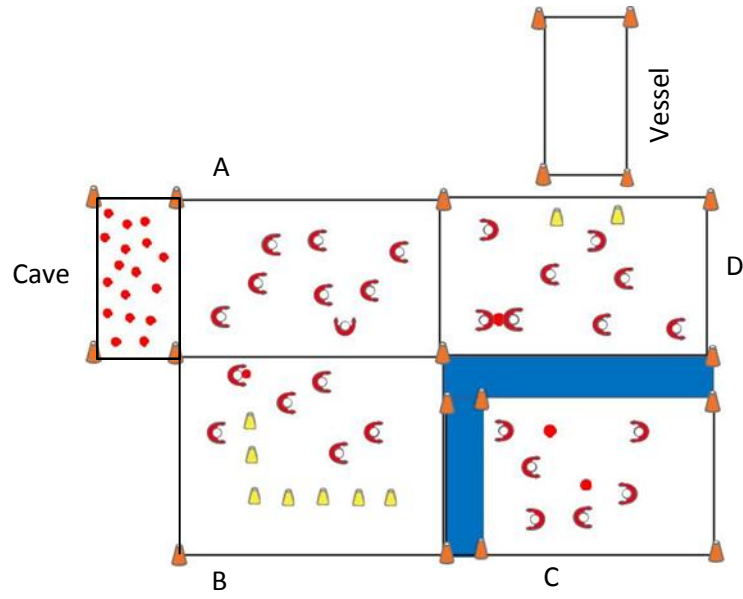


## PIRATES' TREASURE

Age	Number of children	Duration
8-12	8-30	20-25 min
<b>AIM OF GAME</b>	Move all the items from the cave to the vessel as fast as possible.	
<b>RULES AND INSTRUCTIONS</b>	<p>Prepare the field as showed in the picture: divide it in 4 courts, and set two separate zones out of the field: the cave and the vessel.</p> <p>Split the group in 4 teams, and set one team in each court.</p> <p>Set all the items (jerseys, cones, balls, etc.) in the cave. Let at least 3 items in each court (A, B, C, D), in order to not let the players waiting.</p> <p><i>Make sure there is at least one object per player.</i></p> <p><u>Round 1:</u></p> <p>The players have to move all the items from the cave to the vessel, but the items have to cross all the 4 courts, following an order: from the cave to A, from A to B, from B to C, from C to D, from D to the vessel.</p> <p>In each court the players have a different task:</p> <ol style="list-style-type: none"> <li>A. Pick items from the cave, move the item with passes among players until reach the field B. It's forbidden for players to move holding items.</li> <li>B. Creates couples or groups of 3: players need to be in contact with each other (shoulders, hand), and run in slalom following the path made with cones until they reach zone C. While running, players need to make small passes to each other in the air, without letting the object fall.</li> <li>C. Jump holding the item until reaching the river (made by cones) until zone D. Each player can make only 1 jump and then needs to pass the object. It is forbidden to hold the object by hand (between knees, with neck, etc.).</li> <li>D. In couple, holding the item with the back, bring it until the end of the court, and then throw it in the vessel.</li> </ol> <p>Players are allowed to move items only one by one.</p> <p>If an object falls to the ground, the responsible player has to bring it back to the start (cave) and start again.</p> <p>Change starting position for each team, and repeat the round.</p> <p><u>Round 2:</u></p> <p>Change again starting position for each team.</p> <p>The rules and instructions remain the same, but now give a limited time to achieve the objective (depending on number of players and items – keep track of the time needed for Round 1 and reduce it slightly).</p> <p>Before starting, leave 2min to the group to develop a strategy, in order to let them finish the game in the given time.</p> <p>Change starting position (in order to let the possibility to all players to play in all the different fields), and ask to move all the items in less time than the previous round.</p>	
<b>MATERIAL</b>	 10 balls (different kinds);  30 cones;  3 sets of jerseys; other items (Frisbees, jerseys, different type of extra balls, etc.)	
<b>VARIABLES</b>	<p>- <u>To make the game more interesting and fun:</u> Change the way of moving (ex. jump with one leg, move in couples) or the way of moving the items (ex. only rolling, by foot)</p>	

- To foster cooperation among players:  
Give the possibility to players to move to the following zone and help others, once their task is over.

**FIELD**





## CATS AND DOGS

Age	Number of children	Duration
8-12	12 to 24	20-25 min

**AIM OF GAME**  
 Cats' aim: Bring all items to their house.  
 Dogs' aim: Catch all the cats and bring them to the dogs' house.

**RULES AND INSTRUCTIONS**

Choose 3 or more children who will play as Dogs (depending on the number of children). All other are Cats.

Spread different items (balls of different types, jerseys, cones, etc.) on the entire field (there needs to be more objects than players);

Round 1:  
 Cats have to collect the objects and bring them back to their house. They are allowed to grab only one object at a time.

Dogs try to impede the Cats' mission by touching them: they can touch Cats only when they hold objects. If a dog touches a cat by hand, then the cat must drop the object and go to the Dogs' house, accompanied by the Dog to caught him. Cats on the Dogs' house can be freed by another cat slapping their hand (without entering the Dogs' zone).

Change the dogs ever 3-4 min: at every change leave 1-2 min to both teams to develop a strategy.

Cats win when all objects have been brought back to their house; dogs win if all the cats are in the dogs' house.

Round 2: → *foster cooperation among players*

The structure and rules of the first round are maintained, but now Cats are not allowed to move with an object in their hands: they have to make passes to bring the objects to their house. Dogs have to intercept the passes, in order to avoid cats to take the items to their house.

If Dogs intercept the object, the Cat who made the pass must go to the Dog's house: as before, they can be released by other Cats clapping in their hand.

**MATERIAL**  
 🏀 10 balls (different types), 🚫 30 Cones, 🧢 2 sets of jerseys, other items if available (frisbees, ribbons, etc.)

- VARIABLES**
- To make the game more interesting:
    - Increase the number of Dogs
    - Give different points to each kind of items (ex. Big balls=3pts, tennis balls=2pts, cones=1pt)

