

Bring it On (Again!)

Active Group Games

Buckeye Leadership Workshop 2017

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Active Get-to-Know-You Games

Name Juggle

Equipment needed: Soft, catchable ball

Instructions to Play

- 1) Group all participants in a circle
- 2) For the first couple of rounds, the person with the ball says their name, then throws it to someone (not next to them). Tell group to remember the order!
- 3) The person who catches the ball says their name and throws it to the next person. If the ball is dropped at any time, start over.
- 4) After 2-3 rounds of this (depending on group size), begin with the same person, but now the thrower must say the name of the person they are throwing to. Keep the same order as from the beginning! Once the group seems to know names, do a round for time.
- 5) After a few rounds, reverse the order (i.e. the beginning person throws to the person who normally got it last). Be sure to go in exact reverse order!

Variations

- During one of the speed rounds, as the leader have a couple extra balls ready

Have You Ever/Postman

Equipment needed: Place marker such as floor dots, chairs, rocks, etc.

Instructions to Play

Everyone stands in a circle in front of or on a place marker, such as a book bag, chair, floor dot, or other objects. The one person without a chair or a place marker is "it".

The "it" will say something about themselves. For example, "Have you ever gone swimming in the Atlantic Ocean?" Anyone in the circle that has that in common must move to a new spot in the circle. Each move has to be at least two place markers or chairs from where they started.

Whoever is left without a place marker will be it and will tell something about themselves.

Facilitation Notes:

- Be sure to emphasize that not getting a spot is not a bad thing, the group just gets to learn more about the person.
- In competitive groups, be sure to watch out for singling out characteristics if some people know each other already.
- If group gets rough when competing for an open spot, introduce the rule of walking only.
- If a participant cannot think of anything to share (often happens with younger kids), have a phrase that they can use so that everyone has to move (e.g. hurricane)

Name Roulette

Equipment needed: 2 floor dots; 2 random objects of any kind

Instructions to Play

- 1) Place the 2 floor dots about 3 feet apart.
- 2) Break group up into two equal circles (or close to equal)
- 3) Have circles face inward. Place the random object in the middle of each circle and have the groups focus on it.
- 4) Have one person from each circle stand on the dot.
- 5) When you say start, the groups begin moving in a circle, with each person standing on the dot consecutively.
- 6) You know have 2 commands.
 - a. Command 1: At any time, say stop. Whoever is closest to the dot stands on it.
 - b. Command 2: Once the 2 circles figure out who is on the dot, say "Turn".
- 7) The two people on the dots turn to face each other. Whoever says the name of the person they are looking at first wins that round.
- 8) In the event of a tie, tell the turned people that you will say either left or right. When you say the direction, they must turn that direction and say all the names of the people in their circle. The first one complete wins the tiebreaker.

Name Bop

Equipment Needed: Pool Noodle, or a soft object, like a towel

Instructions to Play

- 1) Have all participants sit in a tight circle.
- 2) Choose 1 person to begin in the middle of the circle with the noodle.
- 3) As the leader, you will begin by saying the name of anyone in the circle.
- 4) The person in the middle ("it") attempts to bop (not smack!) the person who was called.
- 5) The person who was called needs to say the name of someone else in the circle before they are bopped. They cannot say the name of the people directly to their left or right.
- 6) The next person called attempts to say someone else's name before being bopped.
- 7) When someone is successfully bopped, they become "it".
- 8) The person who just came out of the middle will start the next round by calling the name of anyone in the circle.

Facilitation Notes:

- If the person in the middle gets frustrated, be willing to take a bop for them.
- Be sure the "it" is not hitting people in the face
- If someone calls the name of the "it" (which happens), they are immediately the new "it"

High Activity Group Competitive Games

Mission Impossible

Equipment needed: Several gym mats, carpet squares, floor scooters, pool noodles, balls, sticks – really anything that could help.

Instructions to Play

- 1) Two teams start on opposite sides of the gym and must get to the opposite of the gym without touching the gym floor. The first team successfully across wins.
- 2) If one person touches the whole team must go back to their original side and drop all supplies except for two scooters. The two scooters cannot be taken by other team. All other items are free for all.
- 3) Must declare if certain mats 1 or 2 teams are allowed on.
- 4) Can set up bowling pins by mats. If they get knocked down, all people of that team or teams on that mat must go back
- 5) Have random carpet squares, sticks, noodles, and other misc. props scattered on the gym floor to help them across.

3D Kickball

Note: We did not play this version due to lack of enough players

Equipment needed: 3 gym mats or large carpet squares; 3 kickballs

Instructions to Play

This is a fast moving version of kickball for large groups. This version enables everyone to get up to bat several times in a short period of time. The concept is the same as kickball except that you have three pitchers pitching to three kickers simultaneously.

- Instead of there being three outs there are nine outs before the next teams gets up to bat.
- Once you are on base (gym mats) you do not have to advance a base unless you want. Therefore you can have several people on one base at a time.
- You do not have to advance if the ball is kicked. You can also go back to a base if you want (except 3rd – read below)
- Runners must go from 3rd base all the way to first base. Once a runner leaves 3rd base they cannot go back.
- Each time someone touches home is a run for that team.
- The defensive team can stand anywhere around the playing field.

Modify it to suit the needs of your group as needed

http://www.bc.edu/bc_org/prs/chaplaincy/saltandlight/retreatbook/outdoormixers.htm

Crazy Ball

(the variation we played)

Equipment needed: 3 gym mats or large carpet squares; 1 kickball

Instructions to Play

The rules are basically the same as normal kickball, with the following changes

- Runners can advance at their own will.
- You do not have to advance if the ball is kicked. You can also go back to a base if you want (except 3rd – read below)
- Runners must go from 3rd base all the way to first base. Once a runner leaves 3rd base they cannot go back.
- Runners get out by being hit with the ball below the neck, either with a throw or a tag, or catching a fly ball as usual

Variations

- With fewer people, do not allow bunting
- Add a force out at first base for the person kicking (does not apply to someone coming from 3rd)

10 Pin Knockdown

Equipment Needed: Lots of balls that can be throw; 10 2-liter pop bottles or other objects than could be knocked over fairly easily

Instructions to Play

1. Split campers into two equal teams and establish a square playing boundary with equal halves. A tennis court size area or smaller is ideal.
2. Teams strategically place pins in their playing area and spread themselves out as well. (Note: can have all pins lined up on the back line)
3. Line all balls up on the center line, and line up players on back line.
4. On "go", the campers run to grab balls and then try and knock down the pins from the other team's side. They can only ROLL the ball to the other side. On defense, you can knock the ball away with your hands or another ball if you are holding one.
5. The first team to knock all the other pins down wins.

Variations

- When a pin from the other side is knocked down, the player who knocked it down raises his/her hand and retrieves the pin and brings it to their side. The first team with all the pins wins. This variation is great to extend the game and gives the team behind a chance to catch up at any point.
- If the ball hits a player below the knees, that player goes to the other side to play for that team.

Island Ball

Game Summary: Two players throw balls from an "island" in the center of the gym. They try to recruit more "throwers" onto the island by hitting them with a ball.

Equipment Needed: Several softer, throwable balls (More is better); 6 cones

Play Area: Gym or other large area with a circle in the middle

Instructions to Play

- 1) Create an "island" in the middle of the gym. Most gyms will have a circle painted on the floor that works great, or you can use a rope or cones to make a circle. Place all of the balls "on" the island.
- 2) Set up 4 cones to create corners players must run around. Use the last 2 to create a safe "start" and "finish" area around the line-up area.
- 3) Select two people to be the first throwers, and have them go inside the circle.
- 4) Everyone else should line up in one corner of the gym. A leader stands at the front of the line and sends one player at a time to run around the outside of the gym (around the cones). The runner tries to make it back to the start line without getting hit by a ball that is thrown. The leader should send a new runner about every one to five seconds so the runners do not run over each other.
- 5) Any player who is hit immediately joins the throwers on the island (if a player is hit by a ball that has hit the ground first, it does not count). Once a ball is thrown, anyone on the island can retrieve it and bring it back to the island before throwing it again.
- 6) Once the first runner makes it back to the front of the line, stop the game and allow everyone on the island to gather up all of the balls. That marks the end of the first round.
- 7) When only two runners remain off the island, start over with those two on the island and everyone else back in line.

Variations

At the start of each round, announce a new way the runners must move around the gym (skipping, spinning, walking backwards, etc.).

Note: If this game is played outside, you should mark the entire play area with cones so the runners do not run too far away from the island.

Circle Rules Football

The Circle Rules Federation is comprised of the co-creators and most avid players of the new sport, circle rules football, invented in 2006 as a senior theatre project at NYU's experimental theater wing.

The Basics

- 1) Circle rules football is played on a circular field (approx. 50 meters diameter) with one goal in the center (2 or 4 meters wide, depending on number of players, and 3 meters tall), and a [circle rules game ball](#)
- 2) Each team scores through opposite directions of the same goal
- 3) Players can touch the ball with any part of their body so long as they do not hold it or trap it.
 - a. New for 2017: the "pizza hold" is allowed (using fingertips on one hand to carry ball without touching it with any other body part)
- 4) Around the goal there is a circle called the 'key' (6 or 8 meters diameter)
- 5) **KEY VIOLATIONS:** If a player on the defense touches the ball inside the key, the opposing team takes a penalty shot, a direct kick 10 meters from the goal, with all other players remaining on the opposite side of the midline until the ball crosses the midline (like a free throw). If a player on offense touches the ball inside the key, that player is suspended for one minute with no substitute. The opposing team gets an indirect kick from the spot of the foul.
- 6) When playing with five or more players per team, each team is allowed only one goalkeeper inside the key. These goalkeepers may not score for their own team, but may defend.
- 7) Key violations in goalkeeper games (10+ players), are all penalized as one minute suspensions. In addition, non-gokeeper players who enter the key but do not touch the ball are suspended for 30 seconds.
- 8) Goalkeepers (when applicable) have full open-hand contact with each other within the key. Striking, grappling, and contact above the neck is prohibited. (Think of it like boxing out in basketball or offensive line in American Football)
- 9) Contact between players (goalkeepers excluded) is minimal. 'Go for the ball, not the player'. Stationary picks or screens are allowed.
- 10) When a goal is scored, the scoring team starts inside the key, and may kickoff in any direction they choose. The kicking team may not leave the key until the receiving team has touched the ball.
- 11) An Official game is typically played in four, fifteen minute periods (or however long you want).

For complete rules, to buy a ball, and to join the email list, head to:

<http://circlerulesfederation.com>.

Prisoner's Base

- Game Length • 15 to 20 minutes. It is often played two to three times in a row
- # of teams: • 2 teams
- # of campers/players on each team: • 8 to 20
- Supplies Needed • four (4) pylons

- Game Setup: • Four (4) pylons are placed in a large rectangle or square.
- Each team's home side is behind their own two pylons
- The area between the two lines created by the four pylons is the neutral zone

- How to Play • Each team tries to capture all of the players from the other team in their prisoner's base
- This game is based on the **first out (or "freshness") rule** – you can only tag someone who came out before you did, and you can only be tagged by someone who came out after you did. Thus, you need to track who was the **first out**.
- When a player is tagged, he/she is escorted to the capturing team's prisoner base pylon.
- The prisoners can form a human chain of up to three (3) people off of the pylon. Any other prisoners must stand behind the pylon
- To be freed, the prisoner at the head of the pylon must be tagged by a free team member. The freed prisoner gets a free walk back to their side. The free player who tagged the prisoner does NOT get a free pass back to his/her side.

- Rules: • The team lines extend forever out to the side.
- If there is a smaller group, you can use side boundaries as well.

- Variations: • You can use the second pylon as a freeman's pylon. It is best to only use this with at least 8 players on a side. If a free player gets to the freeman's pylon without being touched, he/she can then either stay on the pylon and tag any of the other team that steps out, or they can raise their arm to signal that they are freeing the lead prisoner from the prisoners base

Volcanoes and Craters

- Game Length: • 10-15 minutes
- # of campers/players needed: • Best with at least 20, with even numbers
- Supplies Needed: • Even number of disc cones or other objects that can easily be flipped over. If using flat objects, be sure the sides are contrasting colors (black/white, blue/red, yellow/green, etc.)
- Game Setup: • Place all objects in playing area. Half should be on one “side”, half on the other “side”
- Split teams evenly in half. One team is the Volcanoes and the other team is the Craters
- How to Play: • Each team is trying, at the same time, to flip the cones over to their side. So, the Volcano team is trying to get all the cones to look like volcanoes (upright, or a designated color), while the craters are trying to get the cones to look like craters (upside down, or the opposite color).
- Give a set amount of time to do this (usually 1-2 minutes). When time is up count how many cones look like craters and volcanoes.
- Rules: • A player can only flip one cone over at a time
- Cones/objects must remain in place (e.g. can't carry the cones anywhere else)
 - No guarding/babysitting a cone

Ultimate Cabbage

This is just ultimate Frisbee played with a cabbage. The only rule changes are:

1. Must pass at least three times before scoring, and a female must be involved
2. Once scored, the scored-upon team walks to the other end of the field
3. “Kickoffs” are done by rolling the cabbage.
4. Once the cabbage is smaller than a softball, the game is over

Go for the Goal

This game, despite appearing to be highly active, can be played by anyone willing to walk a little. Think of it as a cross between football and ultimate Frisbee. The goal is to “catch” a large rubber ring in the scoring zone. The biggest equalizer in the game is that the direction of play can be changed at any time by the team throwing.

Equipment Needed

- Large rubber deck ring (large enough to fit a hand easily through)
- Large grassy field (at least 100ft by 200ft), marked with beginning of scoring zones at end and midfield

Basic Game Play

- Break everyone up into two teams. Make sure all the boys and girls are evenly divided.
- One team starts with the ring at the middle of the field.
- The person with the ring attempts to throw it to a teammate. The ring must be thrown from either a boy to a girl, or a girl to a boy. This must continually alternate while the team is throwing.
- Offensive players spread out and run around, attempting to get open. When the ring is thrown to a player, he must catch it by putting his hand/arm through the ring. The ring cannot be grabbed.
- If the offensive player successfully “catches” the ring, the player must stop where he caught the ring. He is now the new thrower for the team (think of ultimate Frisbee in this sense).
- Opposing team is allowed to play defense, and can attempt to catch the ring or knock it down. If either happens, the opposing team would then go on offense.
- At any point, the team on offense can decide to go the other direction. The thrower can be very obvious about it by calling it out, or can be subtle, and attempt to get a single teammate to go the other way. The team on offense can change directions while they have the ring as many times as they want.
- The object is to be tossing the ring towards A goal zone, not a specified goal zone, at all times.
- If an offensive player successfully catches the ring in the scoring zone, that team is awarded a point
- Play for 15 minutes, take a break, then play the second half.

Rules

- Throwing must alternate between boys and girls
- Offensive team allowed to change directions at any time
- Scoring zones only have a beginning and no “back line”

Watermelon Rugby

This is played just like normal rugby, except no tackling. Score by crossing goal line.

- 1) The watermelon can only be tossed backward
- 2) Two hand touch by defense means offensive player with melon must stop
- 3) Once the melon breaks, continue with the largest piece

Field Noodle

Note: Craig and I made this one up. But it's fun. And that's the beauty of teaching active games. If it gets kids running, it works.

Equipment Needed: Half sized pool noodles; lightweight ball; hockey nets (if outside), or if inside, something to demarcate a goal (pads on wall under basketball hoops are perfect)

Instructions to Play

1. Create two equal teams. If you have just 2 pool noodle colors, that works perfect.
2. Set up goals.
3. Start teams out in lines in front of goals. Assign numbers to each person. Begin game by calling a number out and dropping ball in center. The two players run out to get the ball. The rest of the team members cannot leave the line until the
4. Teams strategically place pins in their playing area and spread themselves out as well. (Note: can have all pins lined up on the back line)
5. Line all balls up on the center line, and line up players on back line.
6. On "go", the campers run to grab balls and then try and knock down the pins from the other team's side. They can only ROLL the ball to the other side. On defense, you can knock the ball away with your hands or another ball if you are holding one.
7. The first team to knock all the other pins down wins.

Variations

- When a pin from the other side is knocked down, the player who knocked it down raises his/her hand and retrieves the pin and brings it to their side. The first team with all the pins wins. This variation is great to extend the game and gives the team behind a chance to catch up at any point.
- If the ball hits a player below the knees, that player goes to the other side to play for that team.

Nuke 'Em

Equipment Needed: At least 2 balls for each person on one team; volleyball net (or other net); marked play area; large tarps to be able to block viewing of opposite side.

Instructions to Play

- 1) Give one team all the balls.
- 2) On your signal, the team must throw all balls over the net within 5 seconds.
- 3) Opposite teams tries to catch the balls. If a ball hits the ground in play, it is removed from the game. If a person catches the ball, it remains in play.
- 4) Once all balls are caught or taken out, give the signal to have the next team throw the balls back within 5 seconds.
- 5) The last team to throw ball/balls over wins.

Variations:

- If you only have a small court, all players must sit or crabwalk around
- Even with a larger court, you can have players not allowed to stand

Other Active Game Ideas (Did not play in Class)

Balloon Stomp!

Summary: Pop! Try to stomp on each other's balloons. Be the only team left with your balloons intact!

Goal: Be the last team with a non-popped balloon.

Preparation:

- You'll need to play in an area where everyone can easily run around.
- At least 40 balloons* equally divided by three different colors (you might want to have extra balloons, in case some become popped before the actual game begins)
- Ribbon/Yarn, cut 1 1/2 feet long (one ribbon/yarn string for every balloon)
- Trash bag (to pick up the balloon pieces after the game)

How to Play Balloon Stomp:

1. Split everyone into three equal teams and hand out the balloons, one color per team. Each person needs two balloons.
2. Each person needs to blow up their balloon, knot the balloon's end, and tie a balloon to their each of their ankles/shoes using the ribbon/yarn.
3. Once everyone is done, explain the rules: When you say "go", the players must stomp and pop other teams' balloons. The players can only run within the set boundaries. The players cannot use their hands. If both balloons have been popped, the player must sit out of the boundaries and is out of the game. The remaining team with at least one balloon intact wins the game.

Summary: Catch as many marshmallows in your mouth before the time runs out!

Goal: To have your team catch the most marshmallows in their mouths as possible

Preparation:

- Masking tape/Jump rope- make two long parallel lines on the ground
- Bags of large-sized marshmallows
- People to volunteer as marshmallow "counters"
- Towels/cleaning materials/garbage bags (this game can get messy if the marshmallows are stepped on)

4 Goal Soccer

Basic Premise: There are 4 goals set up (likely indoors, but can do outside). Have 4 different balls and 4 different teams, all color coordinated. The ball corresponds to each team. Each goal will have a goalie.

At each goal, there are rules as to how both the player must try to shoot and how the goalie can defend the goal. For example, at goal #1, the goalie must keep both hands behind his back, but the player trying to score must kick the ball from the crab position.

Wheelbarrow Tag

<https://daycamper.wordpress.com/2013/06/19/wheelbarrow-tag/>

Color Match

Game Summary: Groups compete to find all the colored markers in a large area before the other groups do.

Group Size: 4 or more

Materials: 2 sets of colored markers (It is best if one set is the "washable" type of marker.)
3x5 cards
Small poly cones

Play Area: Large open area is best

Description

Prior to the activity, take one set of colored markers (use the washable ones if you have a set) and place one distinct color under each cone somewhere in the play area. The cones should be spread out as much as possible in the play area.

Divide the group into teams of two or more members each, and give each group a 3x5 card. The leader has a set of markers and marks a different color on each card. Each group must go find that colored marker under a cone, and each person must put a mark on her arm in that color and then place the marker back under the cone. After finding the correct color, the group runs back to the leader for a different color to be marked on their cards. Once a group has found all the colors, they can be declared the winner.

Variation

Each person signs their name on the card in the correct color, instead of marking on their arm.

***I thought you could incorporate some balls where if they get hit by the other team they must sit for 10 seconds or team member tags them.

Pairs Clothespin Tag

<https://daycamper.wordpress.com/2013/05/20/pairs-clothespin-tag/>

You Can't See Me or Camouflage

<https://daycamper.wordpress.com/2013/04/22/you-cant-see-me/>

Snake's Tail

<https://daycamper.wordpress.com/2013/04/19/snakes-tail/>

Materials needed: None

Mission Bombardment

Combination of dodgeball and a throwing version of king of the hill (sorta)

<https://daycamper.wordpress.com/2013/04/16/mission-bombardment/>

Materials Needed: Cones, or other standing things that can hold tennis balls on top; smaller soft throwing balls

Additional Game websites

<http://www.greatgroupgames.com/large-indoor-group-games.htm>

<http://www.ultimatecampresource.com/site/camp-activities/large-group-games.page-1.html>

http://www.bc.edu/bc_org/prs/chaplaincy/saltandlight/retreatbook/outdoormixers.htm

<http://www.gamesforgroups.com/groupgames.html>

<http://www.jubed.com/view/Fresh/?s=9>