

Game title: Bench Ball

Type of Game: Dodge Ball

Game Objectives

- Get all players on the bench by throwing the ball to teammate on the bench

Fitness areas involved

- Spatial Awareness/Motor Control : Work on proper biomechanics of the throwing to a target
- Power control: Developing understanding of what level of power to throw to a given distance

Equipment needed

- Benches or floor mats(Enough to get all the players on the team places on the bench or mat
- Foam balls

Area

- Within the boundaries of the basketball court
- Teams are separated by the center court line
- Benches/ Mats are located far enough that players will have to throw the ball to get it to their teammates

Rules

- Players are divided into two teams
- Players pick one catcher to cross over the center line and stand on the bench/Mats
- Throwers are not allowed to cross the center line
- Catcher must catch the ball while maintain place on bench/mat
- When one team gets all their throwers on the bench/mat this team is the winner.
- The team can also be played in reverse by starting with all players on the bench/mat except for 1 thrower and get catchers off the bench to give you more throwers.