

Game title: Pinball/Wall ball

Type of Game: Team ball Game

Game Objectives

- The Offensive team is trying to score as many runs as possible within their set of players.

Fitness Area Involved

- Cardiovascular – Participants must move around to score a run or to eliminate runners
- Agility/Spatial awareness – Participants must move within a space to avoid being hit with a ball and to get into position to throw the ball at others.
- Motor Control/Body Awareness – Participants must throw balls using a good throwing technique.

Equipment needed

- Foam balls
- Pylons
- Hula Hoops

Area

- Teams are organized into 2 teams and are set up within a half basketball court.

Rules

- The Offensive team lines up at 2 pylons located at the free throw line of the basketball court.
- The defensive team is allowed to set up their hula hoops anywhere within the boundary of the basketball court from the free throw line to the back line.
- Offensive players receive a pitch and kick the ball into the field of play.
- Until a runner is tagged the offensive team cycles through its roster by having a runner run to the wall and back, and then tagging the next runner in.
- Every time a runner successfully touches the wall and returns home, they score a run.
- If a runner is hit with a ball they are out, and another pitch is given.
- Once all on the offensive team has had a chance to run, the side is retired.
- The defensive team organizes their hula hoops in various spots within the field of play the defensive players can move out of their hula hoops to get the ball but can only get a runner out if they are within a hula hoop when they throw the ball.
- At the end of each teams turn, the team with the most runs is declared the winner.