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AllAround™ Jr.

Goal Activity Instructions

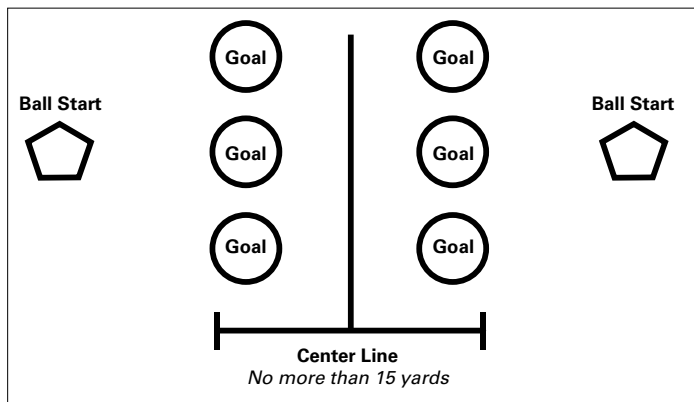
Equipment

- 6 Rainbow® AllAround™ Jr. Goals
- 60 Rainbow® Coated-Foam Balls 2.5"
- 6 Rainbow® Coated-Foam Balls 6.3"

Directions

Gopher recommends 4 games for the AllAround™ Jr. Goal Activity Set. Each game is customizable to accommodate a variety of class sizes, ages, and abilities. All games can be played indoors or out. Adjust the playing area, set up, length of games, and team sizes based on available space, and age and abilities of students.

1. Team Trenches



Objective. Be the first team to win 4 rounds (5 min ea). To win a round, be the last team standing, or the team with the most players left when the allotted time expires.

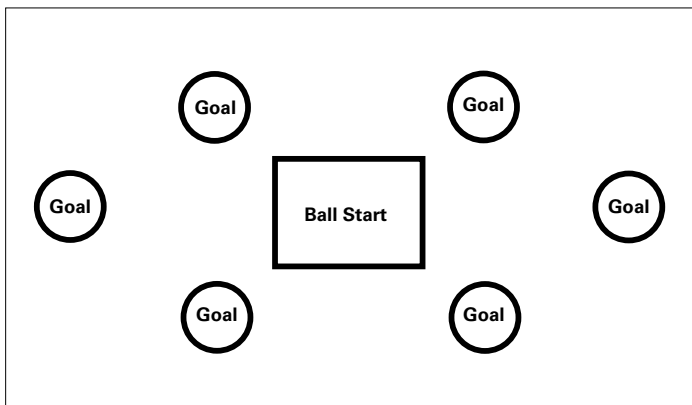
Setup.

- Divide playing area in half and class into 2 equally numbered teams. Give each team 33 balls and 3 goals. Balls are placed in a designated area in the back and center of each team's playing area.
- Line each team's goals ("trenches") parallel with the center line. The trenches should not be more than 10-15 yards apart.

Game Play.

- Play best of 7 rounds, each round lasts 5 min (adjust as needed) or until all players on a single team are knocked out.
- At the signal, players may take balls and launch into opposing territory attempting to either hit opposing players (shoulders or below), or make the ball into one of the other team's trenches.
- Players use trenches as a shield. When all trenches are gone ("exploded") players must continue to move to dodge incoming balls.
- A trench explodes when 5 balls are made into it. All the balls are removed from an exploded trench before it is removed from the playing area by the teacher.
- A player is out if hit by a ball or if he or she is hiding behind a trench when the 5th ball is made and it explodes.
 - Players that are out gather balls that roll behind their team's ball start area and roll them back to their teammates still in the game.
- If a player catches a ball, the player who threw it is out. Players may hold on to a ball and use it to deflect/dodge other balls.
- Teams are encouraged to discuss strategy prior to the start of the game/each round.

2. Ultimate Dodge Goal



Objective. Be the last team standing. Use teamwork and strategy to shoot balls into opponents' goals and lower their point totals while protecting your own goal.

Setup.

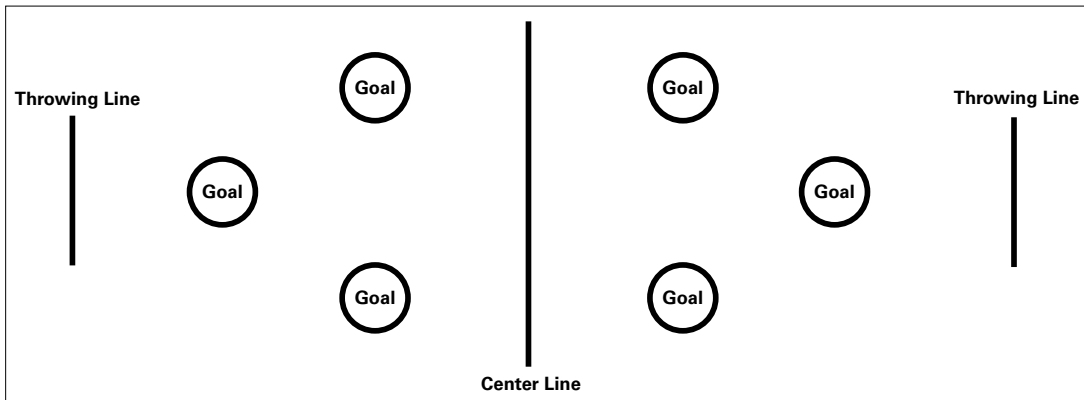
- Place all balls in the middle of the playing area. Place the 6 goals around the balls, evenly spaced, approximately 20-30 yards apart.
- Divide class into 6 equally-numbered teams. Assign each team a goal. Adjust number of teams and goals used as needed for class size and ability.

Game Play.

- A game consists of three 2-minute rounds. Each team begins a game with 20 points.
- Teams start each round at their assigned goal.
- At the signal, players rush to the middle of the playing area to pick up balls.
- Players attempt to put the ball in another team's goal by placing it in or shooting it in.
- Players must stay at least 3 yards away from their own goal.
- Players can protect their team's goal by throwing and hitting opposing players with a ball.
- If hit by a ball, a player must drop the ball he or she is holding (if they are holding one), go to his or her own goal and tag it before resuming play.

- Throughout play, all balls are live and can be picked up as long as they are not in a goal. Once a ball is in a goal, it may not be taken out for the duration of the round.
 - Small balls = -1 point Large balls = -3 points
 - Ex: If after Round 1 there are 3 small and 1 large balls in a team's goal, that team has 14 points. After Round 2, the team has 4 small and no large balls in its goal, so its score is 10.
- Once a team loses its 20 points, it is out of the game and must move to the sidelines and complete exercises (chosen by the teacher) for the remainder of the game (ex: curl-ups, push-ups, jog in place, jumping jacks).
- Teams are encouraged to discuss strategy prior to the start of the game/each round, including assigning goal keepers and attackers.
- Adjusted time, number of rounds, number of teams and players, and starting points as needed.

3. Precise Shooters



Objective. Be the first team to win 4 rounds (5 min ea). To win a round, be the team with the most points at the end of the game.

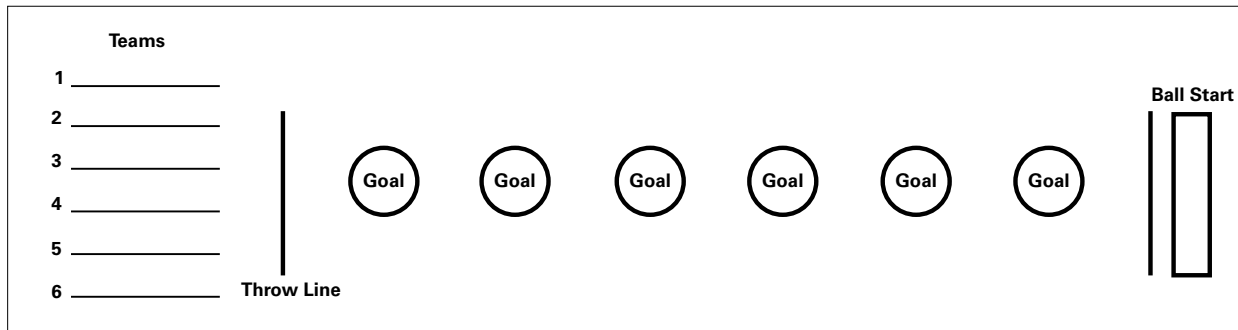
Setup.

- Divide playing area in half and class into 2 equally numbered teams. Assign each team a half.
- Place 30 small and 3 big balls behind each team's throwing lines.
- Place 3 goals on each half of the playing area in a large triangle shape (see diagram).

Game Play.

- Play best of 7 rounds, each round lasts 5 min (adjust as needed).
- Players stay behind their throwing lines, and at the signal, begin tossing balls trying to make them into the other team's goals.
- Small balls are worth 1 point and large balls are worth 3. Each goal has a multiplication value as indicated in the diagram. For example, a large ball made in the 3-point goal is worth 9 points.
- Players may only throw from behind the throwing line and cannot go across the center line to retrieve missed shots.
- Players may only retrieve missed shots on their team's side and may not protect their team's goals while retrieving.
- Tally points at the end of each round. Have the class do the math and count the points.
- Teams are encouraged to discuss strategy prior to the start of the game/each round, including assigning retrievers and tossers.

4. Rainbow® Relay



Objective. Be the first team to put a ball in all 6 goals, or be the team with the most makes in the allotted time.

Setup.

- Place all balls on one end of the playing area.
- On the opposite end of the playing area, establish a throw line.
- Place all 6 goals in a line between the balls and throw line as shown in diagram.
- Divide class into 6 equally numbered teams and have each team for a single-file line behind the throw line.

Game Play.

- This is a relay race. If desired, establish a time limit.
- One player at a time from each team may go. Players start at their line, dash to the ball pile and pick up a ball that matches the color of the goal that they are shooting at. All teams start at Red and work their way down with each make.
 - If the player uses the wrong color ball for the goal, a make will not count.
- Once the ball is selected, the player dashes back to the throw line and attempts to make the ball into the goal.
- If made, the team moves on to the next color goal and the next team member in line will go.
- If missed, the shooter picks up the ball and returns it to the ball pile. He or she takes a lap around the playing area. The next team member can go once the player has returned to the team's line.

Options.

- Change the goal arrangement.
- Have teams start with the farthest goal and work their way forward.