

STREETGAMES ACTIVATOR *Essentials*



HOW TO USE THIS RESOURCE

What does this include?

This handy resource includes a collection of simple activities that can be easily picked-up to deliver during different times or as core activities. Each activity includes guidance on location, kit, set-up, staff requirements.

They have been designed to use no or minimum equipment. Some games require the following, which we would expect to be found in a small sports kit bag:

- Balls (any shape/size)
- Bibs
- Cones
- Pen & Paper

Optional extras:

- Rackets
- Bats
- Plastic Cups



Everyone should feel like they can get involved and that their contribution is important. It is your responsibility to ensure all sessions are accessible for all young people. There is some guidance below on how to make these activities as inclusive, and engaging to all individuals as possible. Whilst some activities focus on sports-based games, it is important to involve young people who might not be interested or able to take part in or play traditional activities or sports, by adapting the game.

Who is this for?

The handout and resources are handy for any Activator. The aim of this resource is to provide you with ways to adapt, modify and engage young people meaningfully with a range of different ice-breakers, energisers, team builders and sports activities.

There are 4 types of activities within this resource:

1. **Ice-breakers**
2. **Energisers**
3. **Team Builders**
4. **Small Sided Games**

Icebreakers are used to help a group get to know each other; as an introduction to a session, to get people talking, interacting or generally feeling more comfortable and relaxed. Great icebreakers can create a positive group atmosphere and bond a group when newly forming.

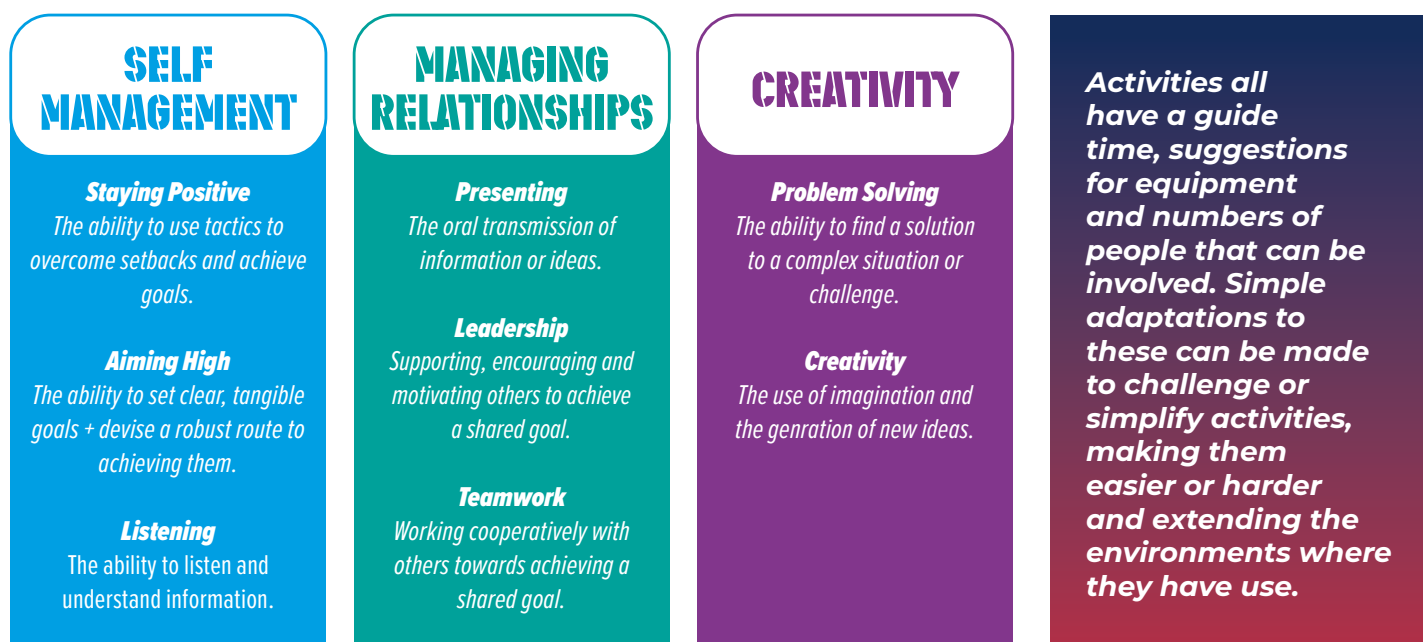
Energisers are great for that little pick-me-up that is often needed when the energy drops within a session; they are great for keeping the energy up, keeping groups motivated and to refocus after an intense or quiet session.

Team builders are great for a range of groups, whether you are focussing on developing specific skills, bringing new groups together and helping them to get to know each other, or challenging an existing group; there are a range of team building activities to adapt and develop to keep participants growing.

Small sided games can be used to get participants physically active, challenge them and get them working in small groups. Whether you group participants in abilities, mix them up, or add challenges within these, they can often be changed, adapted and modified to suit the groups' interest or goals you are aiming for.



All activities are linked in some way to the life skills Principles of Listening, Presenting, Problem Solving, Creativity, Staying Positive, Aiming High, Leadership and Teamwork and can be identified by the following icons:



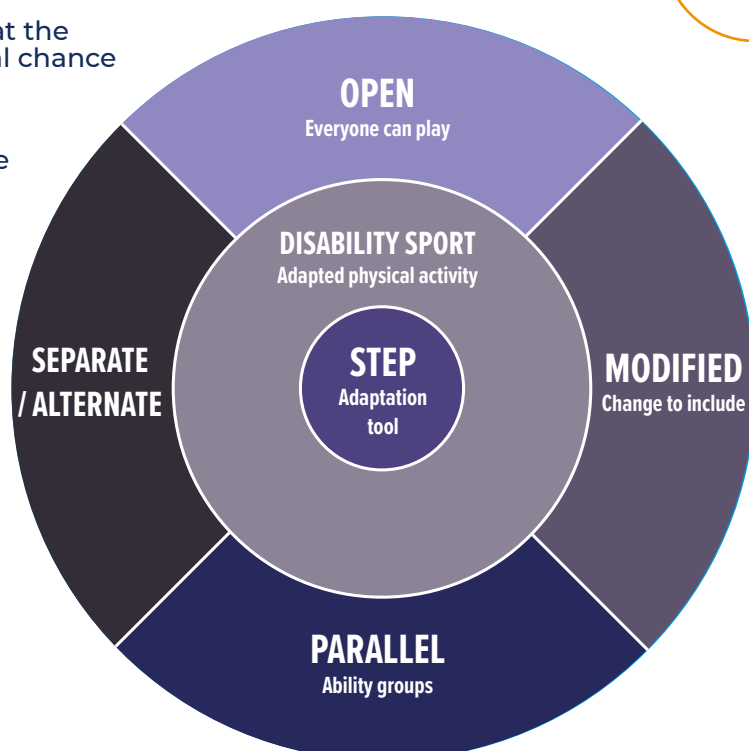
HOW TO ENGAGE LEARNERS

Ways to adapt and modify your activities for wider inclusion

There are a number of different approaches to include young people of all abilities in a range of different physical activities and games.

The inclusion spectrum provides group facilitators with different methods of supporting inclusion. By delivering activities differently, we can balance needs within the group to help maximise engagement of all.

- 1. Open activity** – A simple activity based on what the entire group can do, and everyone has an equal chance to take part with little or no modification.
- 2. Modified activity** – Everyone does the same activity with adaptations to challenge the more able and support the inclusion of everyone. This could involve thinking up a new way of doing the activity, or different people taking on different roles, but always working towards the same aim. See STEPS acronym on next page.
- 3. Parallel activity** – Participants are grouped according to ability, each doing the same activity but at appropriate levels.
- 4. Separate activity** – An individual or group do a purposefully planned different activity.
- 5. Disability sport activity** – Aspects of physical activity based on disability sport programmes can be included in all approaches.



(Black/Stevenson 2012)

A simple way to adapt or **modify** any activity is to use the **S.T.E.P.S** acronym, which involves taking any activity and looking at 5 different aspects, to adapt it so it's relevant for any environment or group of participants.

S

Space

- Where is the activity happening?
- Can we change the space: make it bigger/smaller, indoor/outdoor, change its shape, varying the distance covered?

T

Task

- What is happening?
- Can we adapt the task: increase number of catches, do the course backwards, change ends, break down more complex skills, ensure there is plenty of opportunity to practise where valuable, simplify the activity, add more rules

E

Equipment

- What is being used?
- Can we change the equipment being used: add more items, use different equipment (smaller/larger balls), use equipment in a different way, or send or receive the equipment in a different way

P

People

- Who is involved?
- Can we alter the numbers: add/reduce number of people, change their role, change teams, matching people/teams by abilities, involve participants in decisions

S

Speed

- The pace of the activity
- Can we change the speed: speed it up/slow it down, or put a time limit on it

TOP TIPS FOR ENGAGING PARTICIPANTS

A well-chosen icebreaker, energiser or team builder can relax the mood, pick up the energy or bring a team together quickly. The following key features can help this to happen:

Know your audience: assess the group for age, familiarity with one another, purpose of the group gathering and potential considerations for physical abilities.

Present your activities with **enthusiasm**, if it sounds and feels fun to do, it no doubt will be!

Mix things up, having activities with different purposes including thinking, doing, acting, and listening can help to engage a range of participants and maintain engagement.



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1. Birthday Boggle

Everyone in the group remains silent. Participants must put themselves in order of birthday (date, month and year), without talking. After they have gotten themselves into what they believe is the correct order, go through the line and check their dates.

Other variations include lining them up by height, shoe size, alphabetical first names, hours of sleep last night, number of siblings! Anything else you think up.

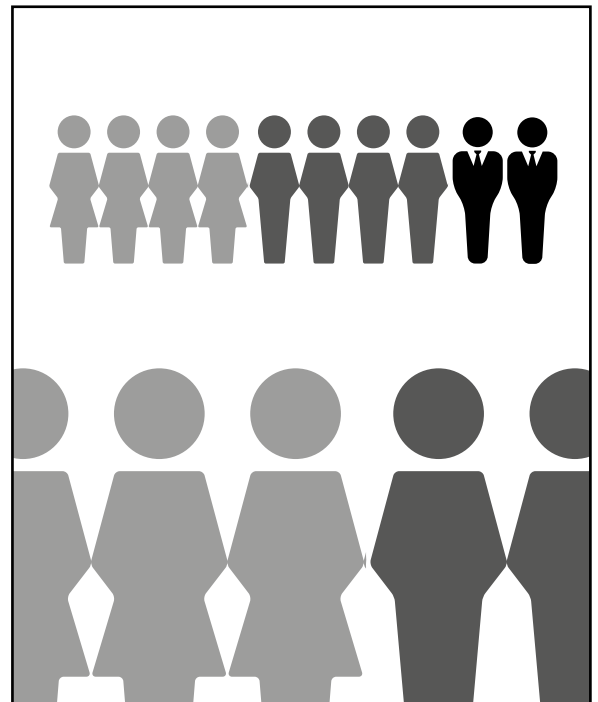
ADAPTATIONS:

- Blindfold everyone (or ask participants to close their eyes) to focus more on verbal communication.
- Ask participants to imagine they are on a tight rope and use the activity as an opportunity to get comfortable in each other's space.

PEOPLE: 6+

EQUIPMENT: None

TIME: 5 - 10 minutes



2. Guess Who

Ask each participant to describe five significant things about themselves on a 3 x 5 card. Instruct them not to include their names. Shuffle the cards and give them out to the participants. Make sure that no one has their own card. Tell the team members to find the author of the card. To do this, they have to look around and guess who might have written the card.

Once they find someone, they have to ask indirect questions, to see if they are the person that matches. When they find a match, they link arms with them. They must take them with them to find out whose card they have. When they find out, they then link arms. Eventually, everyone will be connected.

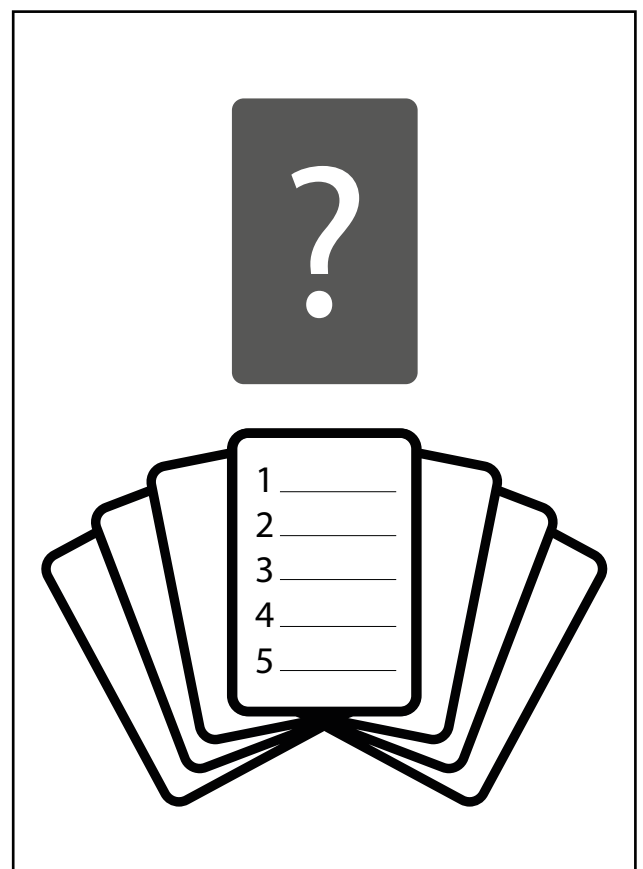
ADAPTATIONS:

- Ask participants how they decided who to approach. Did some cards suggest that they were written by a younger or older person? A male or a female? How did it feel to link in with someone? To be linked with?

PEOPLE: 6+

EQUIPMENT: Paper and Pens

TIME: 10 - 20 minutes



3. Circle Switch Up

Participants to form a circle using a set of chairs, with one less chair than the amount of young people present.

Make one participant the 'caller' who gets to ask a question to the group. Everyone who answers 'yes' to the question then has to switch seats across the circle, and before someone else gets the final seat. The participant left standing is the next 'caller'. The questions could be along the lines of; "If your birthday is in August", "If you support Manchester United", "If you have ever been to Alton Towers? This is a great opportunity to find out more about the group and their interests!

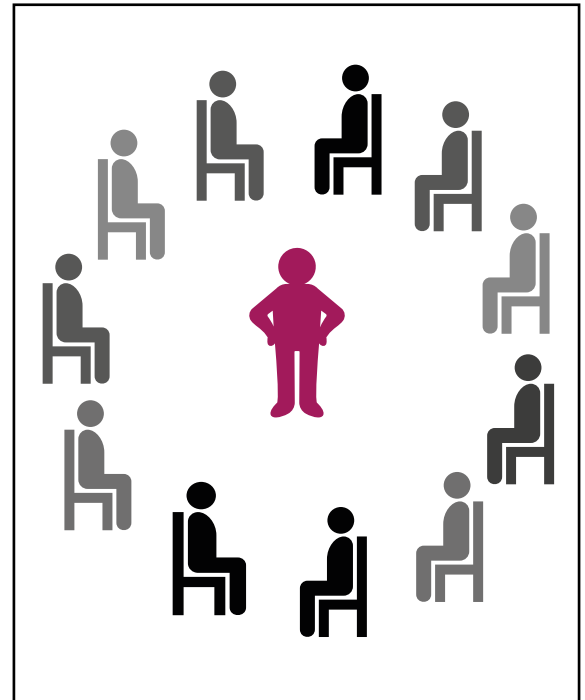
ADAPTATIONS:

- Remove more chairs so people become out and add a competitive element
- Make the space bigger to add a more active element of running across the circle

PEOPLE: 6+

EQUIPMENT: Chairs

TIME: 5+ minutes



4. People Bingo

Create a 5 x 5 square 'Bingo' table on paper. Fill in each square with different items to match participants up with. Relate these to the type of activity they are involved with and mix up with general likes and facts. For example "Has volunteered at an event before", "Has a coaching qualification", "Owns a cat", "Has size 4 feet", "Has a sibling". Each participant is then provided with their own 'Bingo card'.

The aim of the game is to match up each square with someone in the room in the fastest time possible. For example one participant may ask another, 'do you have a coaching qualification?' if the answer is yes they can write that person's name in that box, if it's no they need to ask them another question until they find one that applies to them. Whichever participant gets a full house first shouts BINGO – and remember you can't put the same person's name twice!

ADAPTATIONS:

- Go through answers and ask participants to give a bit more detail
- Work in pairs / small teams
- Have a smaller table (3x3)
- For 10+ people, you can only use the same person twice

PEOPLE BINGO

Is left-handed	Loves horses or dolphins	Does not drink soda pop	Made a New Year's Resolution and kept it	Loves to sleep-in
Loves to read books	Keeps spare change in a container	Is a twin or has twin siblings	Has 2 or more pets	Knows answers to all of the times tables
Has never played Monopoly or Twister	Has been scuba diving	FREE	Wears contact lenses	Cuts their own hair
Speak 2 or more languages	Has played a sport	Hates spiders	Plays a musical instrument	Washes their own car
Knows every word of the "Star Spangled Banner"	Has been in a parade	Has seen the same movie 5 or more times	Is the oldest or an only child	Has played a "prank" on someone else

PEOPLE: 6+

EQUIPMENT: A pre-prepared 5x5 filled in table on paper

TIME: 5 - 20 minutes



5. Two Truths And a Lie

Each participant needs to think of THREE things about themselves which may not be known to others in the group. TWO are true and ONE is a lie. Taking turns they share with the group their THREE 'facts' about themselves and the rest of the group votes on which are true and which is the lie. There are always surprises.

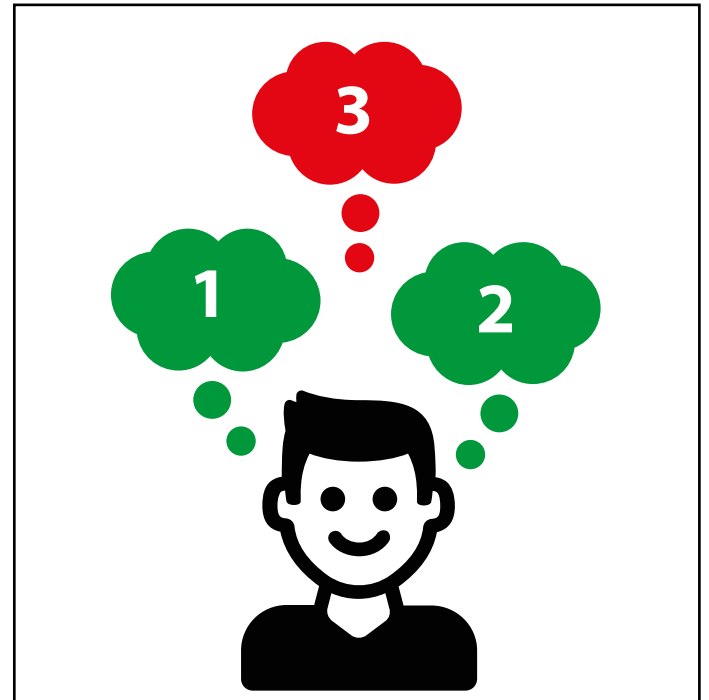
ADAPTATIONS:

- Play in two groups
- Pick two young people from each group to battle it off

PEOPLE: 6+

EQUIPMENT: None

TIME: 10 - 20 minutes



6. Pass the Orange

Ask the participants to form a circle. Give the first person a large orange and explain they need to pass this around the circle. No problem. BUT, it has to be passed around the circle using only chin and neck. If the orange is dropped, it must be returned to the previous player in the circle and the game restarts.

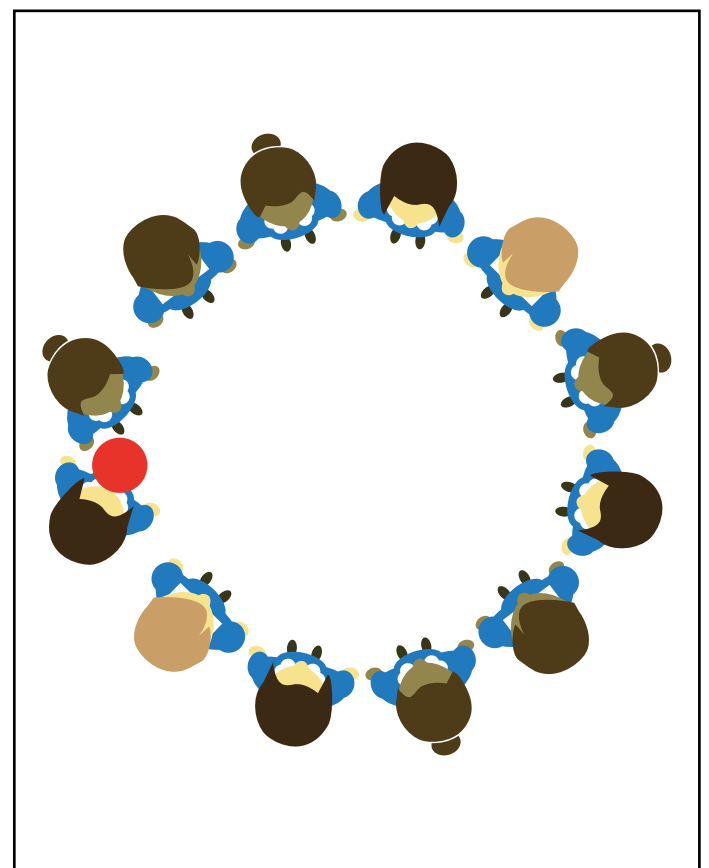
ADAPTATIONS:

- Use a balloon as an easier alternative or make it harder by setting a time, then trying to beat the previous time
- Use a Frisbee between the knees

PEOPLE: 6+ per group

EQUIPMENT: Balloon, orange or any similar sized item to pass along the circle

TIME: 15 minutes



7. POW!

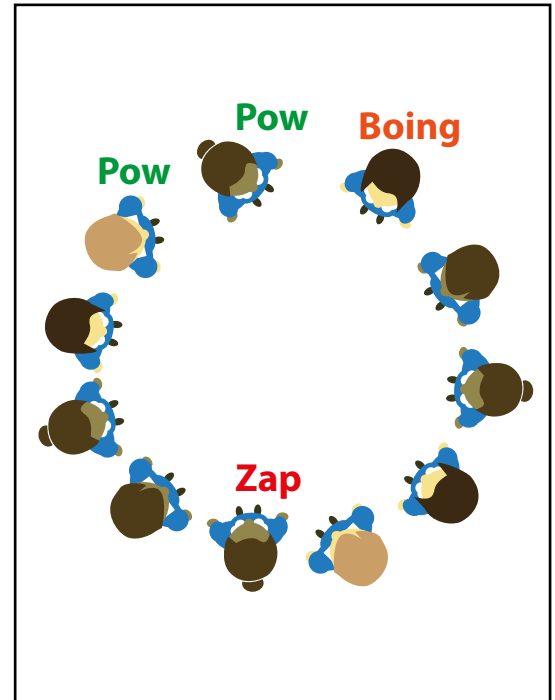
Ask the participants to form a circle. They should have their hands in front of them clasped together with two fingers out ready to play (see photo). This imagination game consists of a laser moving around the circle with different commands dictating the direction in which the laser travels. The participant can choose whichever command they wish to use and this will determine who goes next.

If a participant says 'Pow' the laser moves to the participant next to them, whichever way they point. If a player says 'Boing' the laser bounces back and changes direction. Try and get the laser moving as quickly as possible and the participant thinking on their feet! Add in more commands as the participants become more confident with the game.

PEOPLE: 6+

EQUIPMENT: None

TIME: 5+ minutes



8. Snow Ball Fight

Giving each participant a blank piece of paper. Each person writes their name and an interesting fact about themselves on their piece of paper and crumples it into a ball. When all the participants have their paper balls, have them toss them back and forth around the room.

The Activator then shouts, "Stop!" and each player picks up a paper ball, opens it, and reads it silently.

Each participant then takes turns to read each paper to the group and introducing the person whose paper they are holding. Continue for the entire group.

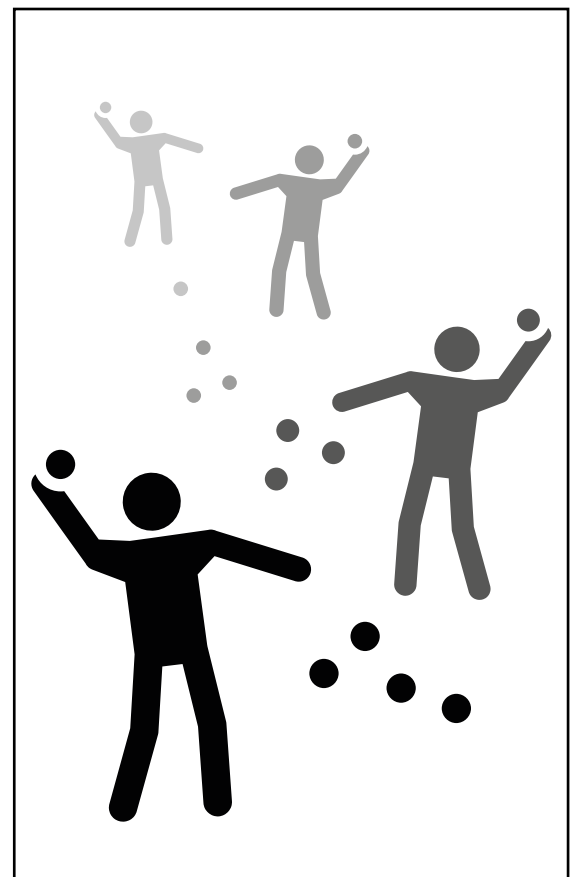
ADAPTATIONS:

- If the group know each other well, you can use this activity differently and only write your name on the paper before throwing it, whichever person you pick up, then go and give them some positive feedback about themselves

PEOPLE: 6+

EQUIPMENT: Pens & paper

TIME: 20 minutes



9. Buzz

All participants form a circle standing up. Each person starts with their right finger pointed down, and their left palm held flat. The circle should then all be connected with someone's right index finger sitting on top of the flat palm of the person next to them. Once the Activator shouts 'Buzz' each participant has to try and lift up their right finger without getting clasped in someone's hand, whilst at the same time trying to catch someone's finger with their other hand.

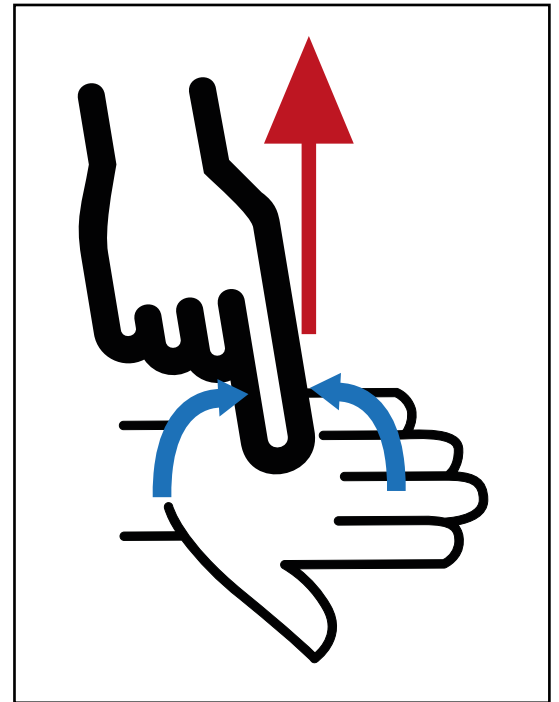
ADAPTATIONS:

- Blindfold everyone (or ask participants to close their eyes) to focus more on verbal communication.
- Swap hands, left index finger, right flat palm

PEOPLE: Any number

EQUIPMENT: None

TIME: 2 - 5 minutes



10. Heads, Shoulders, Knee's...

In partners, participants stand 1 metre apart from one another with an object in the middle on the floor (for example cone, ball, pen). All participants start on their toes ready to go. The Activator shouts a range of different body parts which then the participants have to touch (on their own body!). Once the Activator shouts 'Grab' both players have to try and pick up the middle object before their partner gets there.

Make sure to give a safety tip of keeping your head out and hands in to avoid bumped heads!

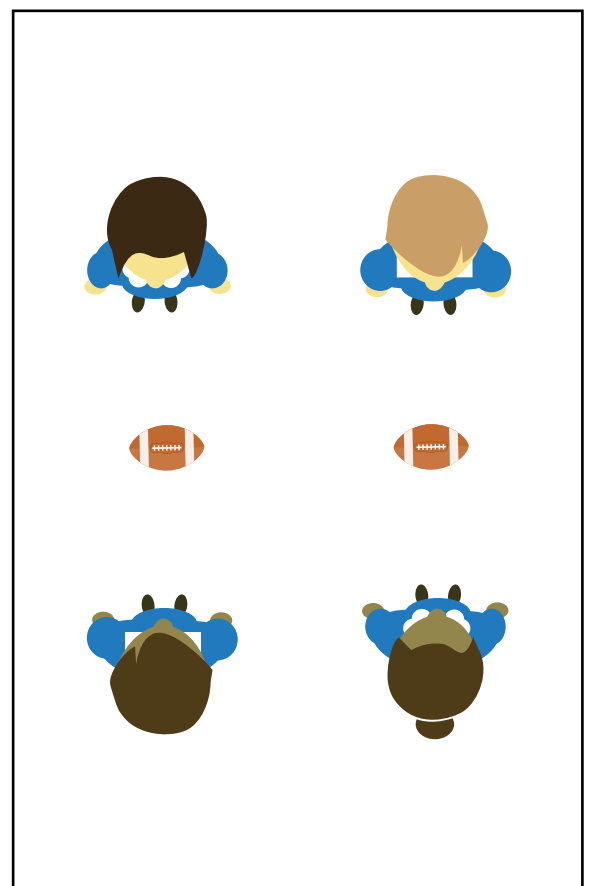
ADAPTATIONS:

- Use muscles and bones to test participant's anatomical knowledge!
- Speed up and / or use more active commands to get participants warmed up; 'high knees', 'jump', 'touch the wall' 'sit down'
- Give participants responsibility to make up commands
- Rotate around so participants get to play against different people

PEOPLE: Any number

EQUIPMENT: Any item - ball, pen cone etc.

TIME: 2 - 5 minutes



11. Twenty One

The aim of the game is for the full team to individually shout the numbers 1 – 21 in order. However, the difficult bit is that no order can be planned beforehand and participants just have to shout out the next number in the hope that someone else doesn't shout it at the same time. If two people shout the same number, the group has to start again from 1!

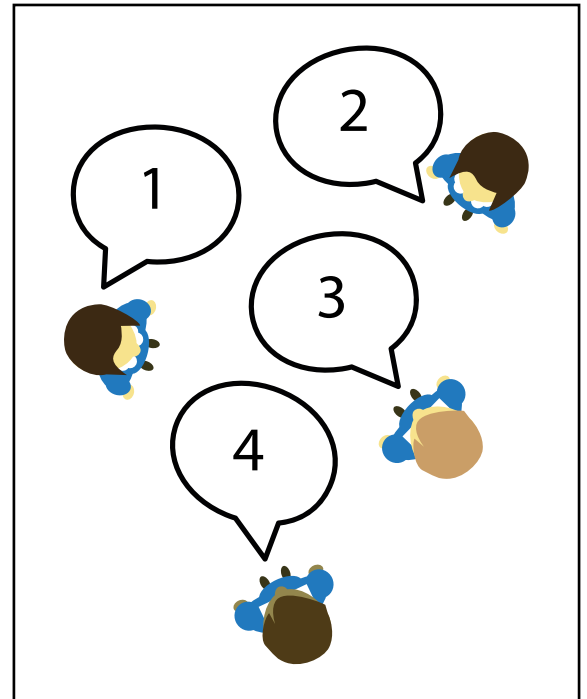
ADAPTATIONS:

- If you have more than 21 people you can have all young people standing up and then they sit down once they've said a number to make it easier
- The game can be played up to a lesser number and it could be done as a race against another team. First team to 10 with no clashes!
- Could be attempted in another language; French / German / Spanish

PEOPLE: Any number

EQUIPMENT: None

TIME: 2 - 5 minutes



12. Memory Game; Add a Move

All participants stand in a circle. The first person starts by creating one 'dance move', the next person in the circle then has to repeat that dance move and add one of their own. This is repeated until the last person in the circle has done the whole groups dance moves in a sequence consecutively. Encourage a really supportive environment

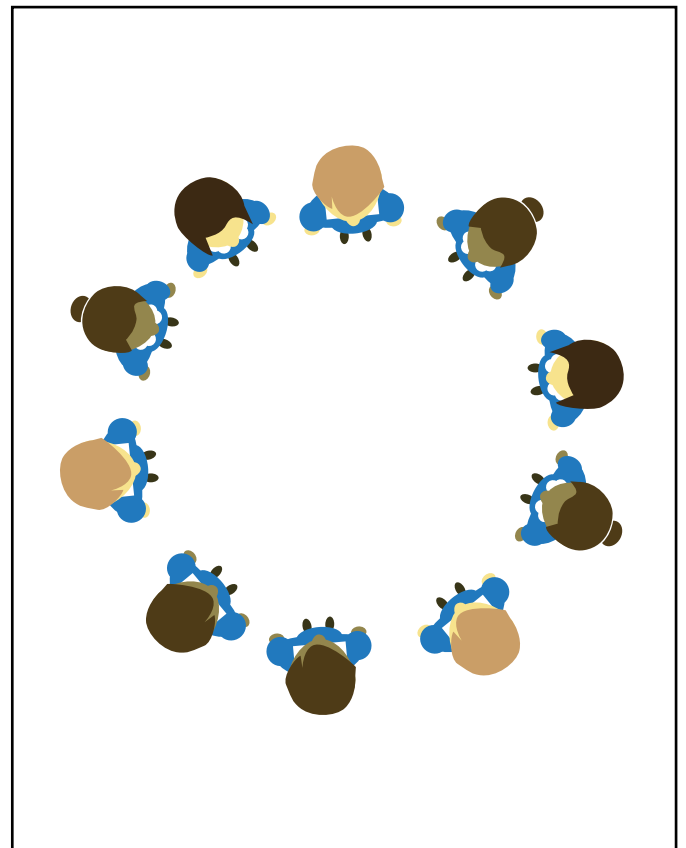
ADAPTATIONS:

- Sports version; each person has to act out one move from their favourite sport e.g. a Basketball shot, or a football pass. This may work better than the dance moves for a group with less confidence to dance
- If teams are less confident it could also be performed in pairs
- Fast forward round / slow motion round as an extra once the full circle has completed

PEOPLE: Any number

EQUIPMENT: None

TIME: 2 - 5 minutes



13. 1, 2, 3

Participants to pair up. Standing opposite each other the young people have to say 1, 2, 3 as a pair in turn. So participant 1 has to say 1, participant 2 has to say 2 then back to participant 1 to say 3. This would be repeated, increasing the speed as the skill was mastered. Then instead of the number 1, this would be replaced by a clap; clap, 2, 3 again in the same back and forth routine. Next, the number 2 is replaced by a click; clap, click, 3. Finally, 3 would be replaced by a stomp of the foot; clap, click, stomp!

The challenge is to see which team can keep the routine going the most smoothly – it's harder than it sounds!

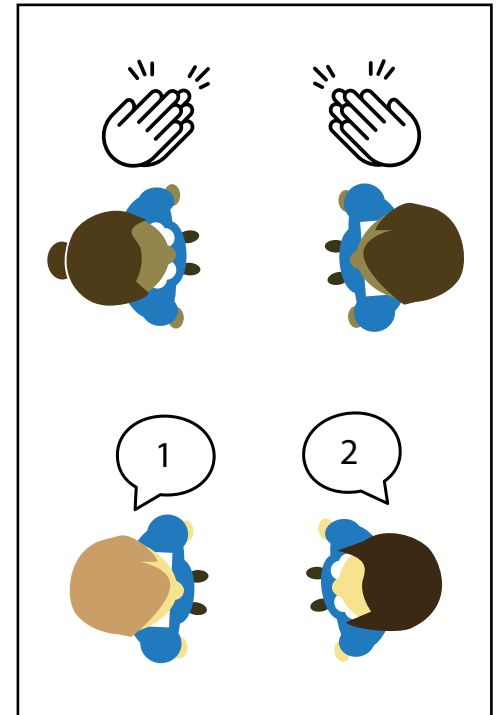
ADAPTATIONS:

- Allow the participants to make their own actions or sounds instead of clap, click and stomp
- Play in small or larger groups as long as the numbers are even
- Can be done blindfolded or with participants closing their eyes

PEOPLE: Any number

EQUIPMENT: None

TIME: 2 - 5 minutes



14. Stack Off

Divide the participants into pairs, or groups of 4. Each team has 10 cups. One young person has to build a tower; 4 cups on the bottom row, 3 on the next, 2 on the next and 1 at the top as quickly as they can. The next participant then has to take them down in to one stack of cups as quickly as possible. Participant number 3 and 4 then repeat the same activity stacking the cups up and down as quickly as possible. It's the fastest team to get them up and down who win!

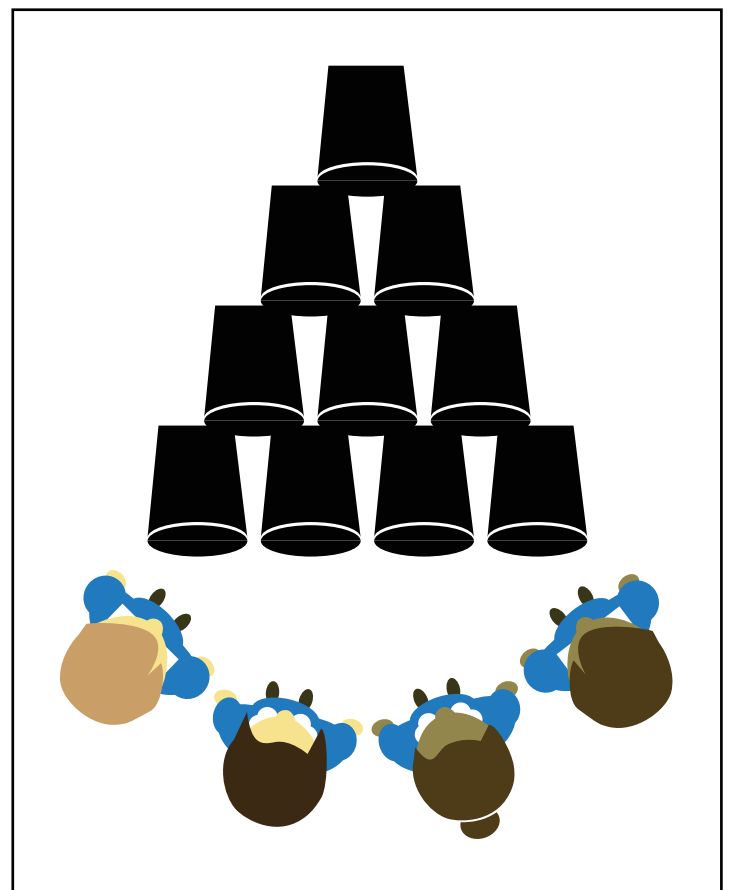
ADAPTATIONS:

- Can be played in larger groups with players rotating their turn
- Once you've been an 'up-stacker' replay again as a 'down-stacker'
- Only play with one hand
- The first team to stack all 10 cups to make the tallest tower

PEOPLE: Any number

EQUIPMENT: Large plastic cups

TIME: 2 - 5 minutes



15. Giants, Wizards and Elves

There are 3 commands in this game; Giants, Wizards and Elves with the same principle as Rock, Paper, Scissors. The game can be played in two large teams or in pairs against each other individually.

The Giant stands on tip toes, raising their arms in the air looking as fierce as possible making a 'grr' noise. The Wizard stands slightly crouched and waves their wand casting a marvellous spell by shouting 'shaaazam'. The Elf crouches down really low, cups their ears in their hands and makes a high pitch 'eee' noise.

The Activator needs to give an enthusiastic demonstration so the participants follow suit!

Giants beat elves by squashing them. Elves beat wizards by chewing their legs. Wizards beat Giants by zapping them with a magic spell.

If both teams / participants show the same character, no one wins. Rounds keep repeating until one team wins (the other team is completely captured).

ADAPTATIONS:

- Can be played in teams or individually
- Can start as Rock, Paper, Scissors so young people remember the principles
- Young people can make up their own 3 characters and their skills in relation to their interests



PEOPLE: Any number

EQUIPMENT: None

TIME: 2 - 5 minutes



16. Knee Tag

Divide the participants into pairs. They then try to tag other participants' knees, whilst at the same time trying to avoid their own being tagged. Participants should be encouraged to keep their heads up and to stay light on their feet.

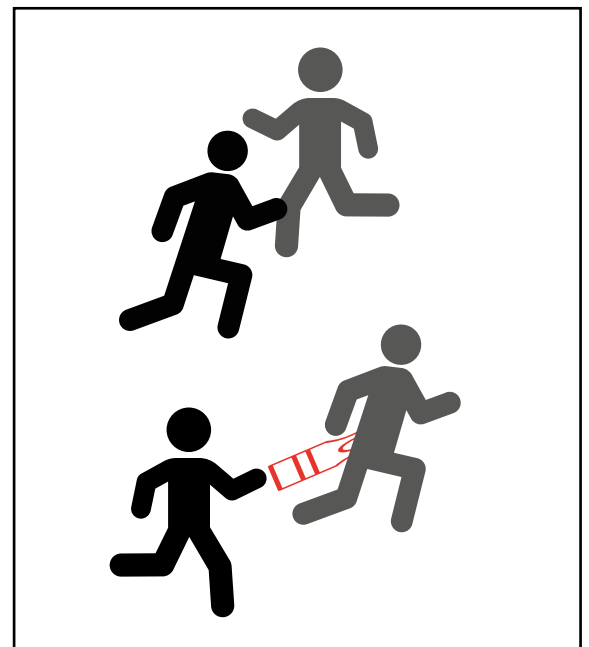
ADAPTATIONS:

- Participants can tuck a bib into the back of trousers to form a 'tail' for another participant to try and steal (ensure the bib is hanging far enough out)
- Put a short time limit on the activity to encourage quick movements
- Add in another participant to increase the difficulty, or allow anyone to tag anyone in the team

PEOPLE: Any number

EQUIPMENT: No equipment needed (bibs can be used if needed)

TIME: 2 - 5 minutes



17. Group Juggle

Divide the group into small teams (between 6 and 12 in a team works best) and form a circle with one ball (or other object) to throw. Number the participants in the circle 1 to 6 (or higher if more participants). The group then throw the ball around the circle in number order calling out the person's name they are throwing to.

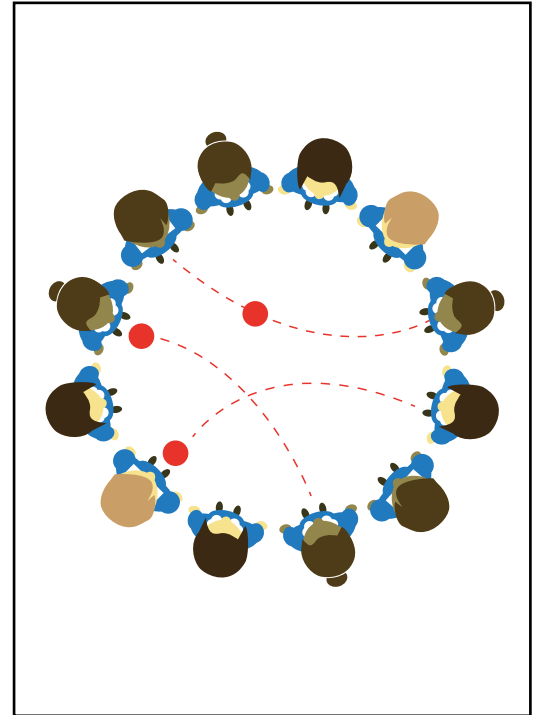
ADAPTATIONS:

- The group change where they are stood but still throw the ball in the same number order and still calling out the name of the person they are throwing to
- The group moves around the room/hall. The aim of the game is to get to the highest amount of throws keeping to the number order
- Start slowly, with 1 object, then speed things up & add more objects as confidence & competence grows

PEOPLE: 4+

EQUIPMENT: Objects to throw

TIME: 10 - 15 minutes



18. Human Knot

Participants are to create a circle. They are then to reach into the middle of the circle grabbing someone else's hand. They then repeat this with their other hand, they must be now holding two different people's hands, and they cannot be the person who is standing next to them. Now team members must work as a team to untangle themselves without letting go.

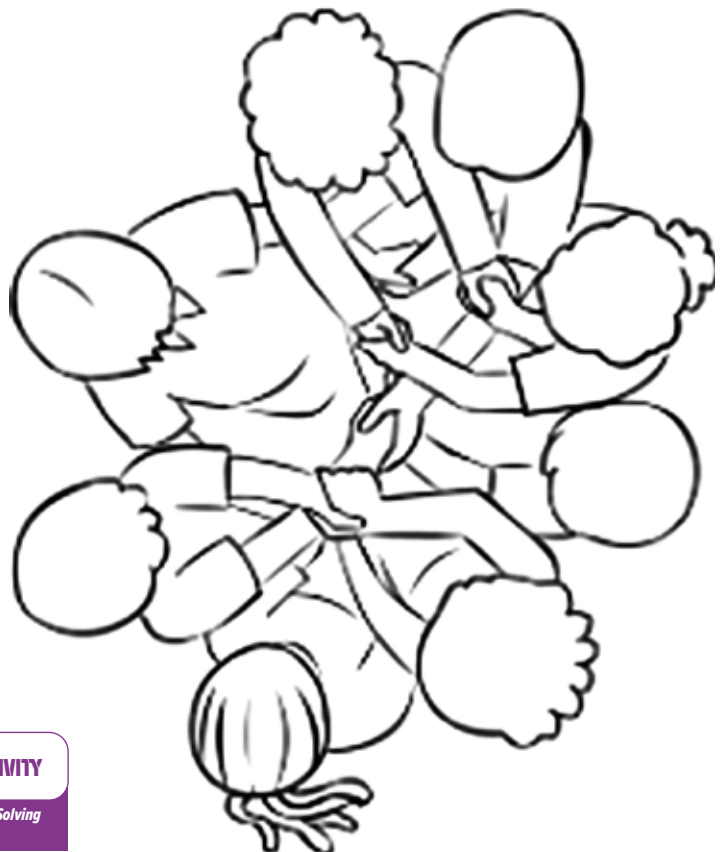
ADAPTATIONS:

- Start in smaller groups, then join smaller groups together to form bigger groups & give it a go!

PEOPLE: 6+

EQUIPMENT: None

TIME: 5 - 15 minutes



19. Scavenger Hunt

Participants are divided into smaller teams. Activator calls out different items or activities for the groups. The first participant (the entire team does not have to go) to come up to the front with the item gets a point. The team with the most points at the end wins. Be creative with items and activities, these can entirely depend on what resources are at your venue & could be an inside or outside activity.

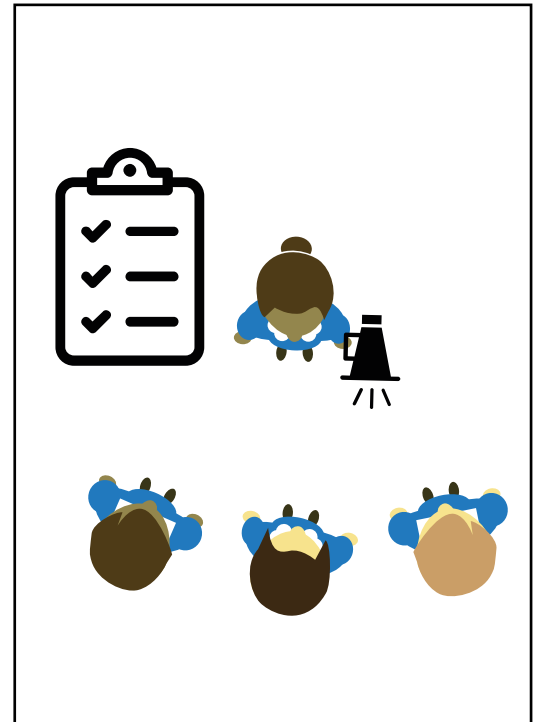
ADAPTATIONS:

- Provide a list for teams to find in one go and give a time limit
- Cryptic clues could be used to make it more difficult to find certain items

PEOPLE: 4+

EQUIPMENT: Items to collect (be resourceful & use what is around you, this could include items like leaves, items of clothing, shoes of particular sizes etc)

TIME: 15 – 30 minutes
depending on group size



20. The Big Egg Drop

Divide the participants into two large groups with the task of building an egg package that can sustain an eight foot drop. Provide the teams with a variety of tools and other materials. After the packages have been built, each team must also present a 30-second advert for their package, highlighting why it's unique and how it works. At the conclusion of the presentations, each group will have to drop their egg using their package to see if it really works.

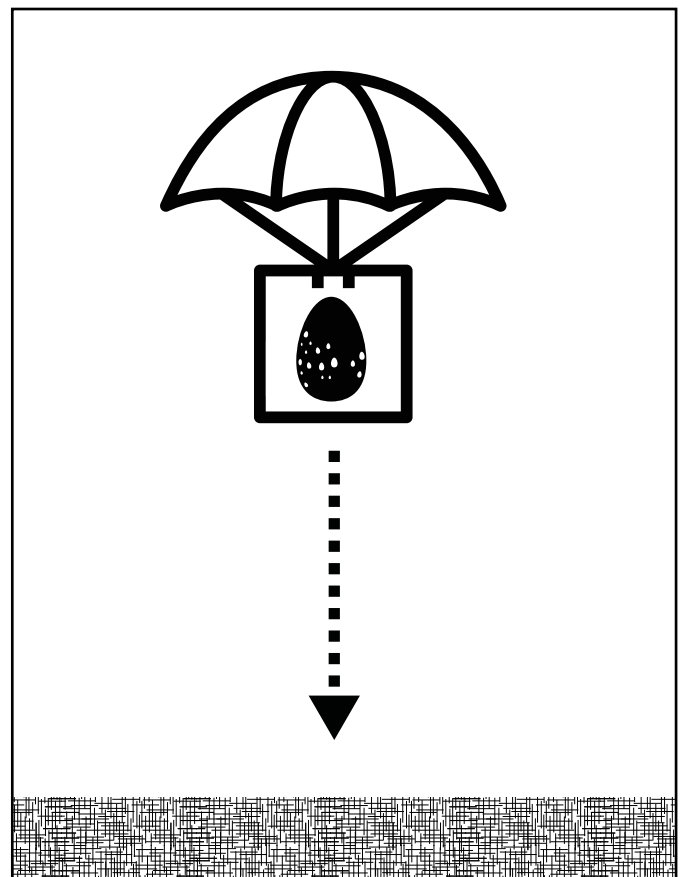
ADAPTATIONS:

- Use balloons or similar delicate objects. Play rock, paper, scissors to see if the objects are: dropped, kicked or thrown to test its protection

PEOPLE: 4+

EQUIPMENT: Objects to protect & materials to package them in for example: paper, celotape, straws, boxes etc.

TIME: 20 - 20 minutes



21. Frozen T-shirt

Play this game on a hot summer day! Fold and soak t-shirts for each team in water and freeze it overnight. Divide participants into 'teams' (Could be pairs, teams of 4 or even larger). Each team receives a bag with a frozen t-shirt. Whichever team can get the t-shirt on fastest is the winner!

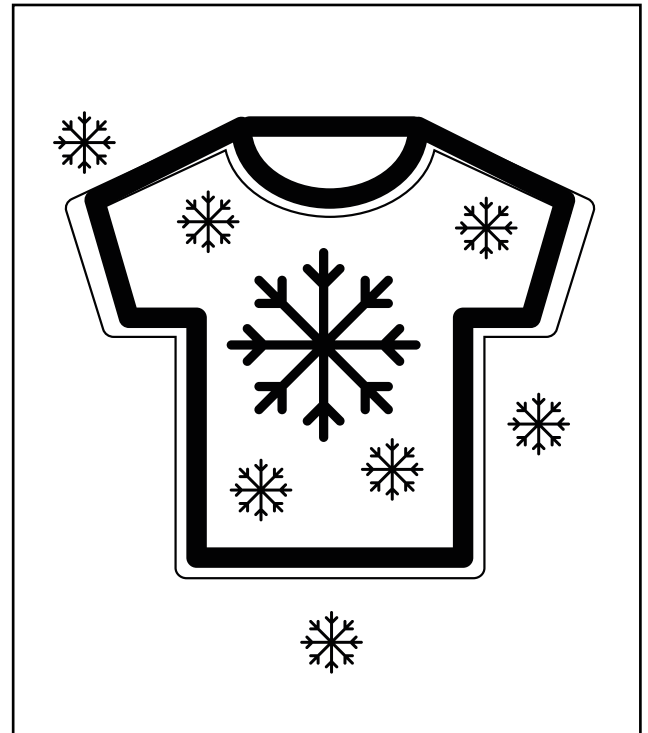
ADAPTATIONS:

- Use a smaller item for a quicker game
- Set a time limit to ensure the teams are working as quickly as they can
- Each participant is allowed a certain amount of time with the frozen t-shirt then it has to be passed on

PEOPLE: 6+ (Ideally more than 3 young people per team)

EQUIPMENT: Frozen t-shirt / team

TIME: 30 minutes



22. Trust Walk

Everyone in the team finds a partner. One person is blindfolded and the other will be leading. The young person who is leading needs to take the other through an obstacle course of some sort (it can be natural or made). The leader cannot touch or physically guide the other participants, and must direct them using only words.

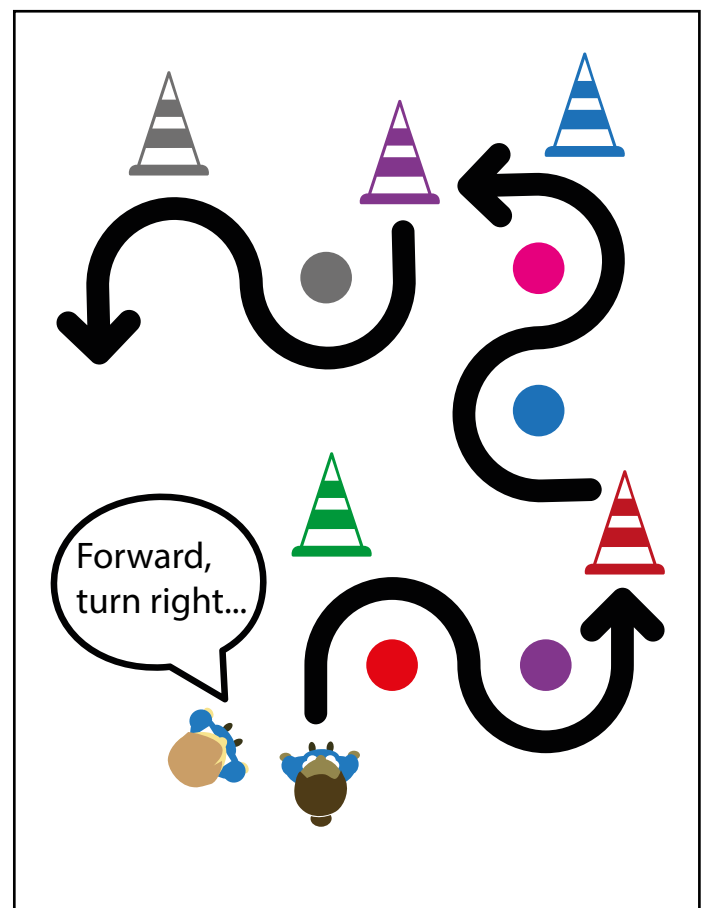
ADAPTATIONS:

- Think about using objects with different heights and lengths
- Make it more difficult by climbing over and under objects, jumping and also setting tasks within the course

PEOPLE: 4+

EQUIPMENT: Various bits that you have on site, can include anything you find in a sport kit bag

TIME: 10 - 15 minutes



23. River Cross

Divide the team into smaller teams. Each team is given 2 rafts (gymnastics mats or pieces of flip chart paper etc.) to transport them across the river without touching the water (the floor). If anyone touches the water the whole team have to go back to the riverbank and start the crossing again!

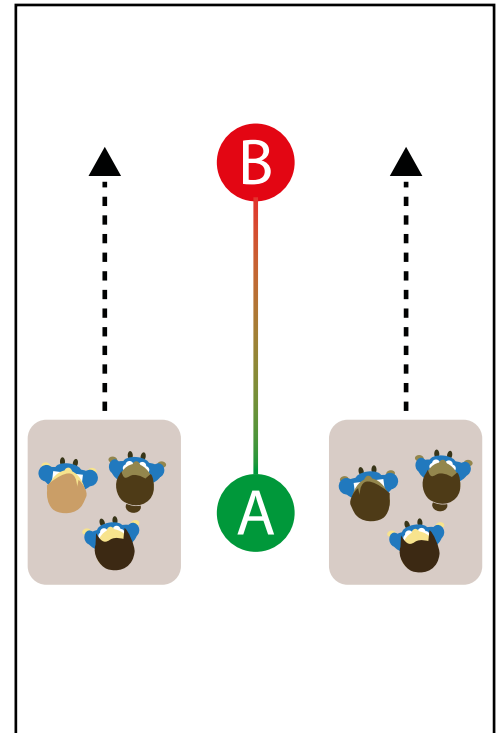
ADAPTATIONS:

- Add in obstacles in the river that the teams have to manoeuvre around (coned areas / benches etc.)
- Use bigger or smaller mats to increase or reduce the difficulty depending on the size of the teams.
- Add in a condition that the raft can only carry 3 people at a time! This means that teams may have to drop participants off across on the other river bank and then head back to pick up other members

PEOPLE: 6+ per team

EQUIPMENT: Mats, blocks, or similar to stand on

TIME: 10 - 15 minutes



24. Scattergories

Participants can work in pairs or small groups. Write down numbers 1-8 on paper. The Activator then asks a participant to select a letter of the alphabet (apart from X, Y and U). Teams are given a time limit (3 minutes) to write answers for categories given ALL beginning with the chosen letter. Teams shout out answers for each category, 1pt for a repeated answer, 3 pts for a unique answer.

Categories could be anything of yours or their choosing. Some ideas to get going could be boys names, girls names, countries, items of clothing, sports, bands, chocolates or sweets.

ADAPTATIONS:

- Each team could up with a new category

PEOPLE: Groups of 2 or more

EQUIPMENT: Pen/Paper required for each group

TIME: 15 - 20 minutes



25. End Zone

Participants are split into 2 teams (maximum numbers depend on the space available) with a scoring zone at each end of the pitch. To score a point the attackers must receive the ball in the 'score zone' whilst the defenders are trying to intercept the ball and then receive the ball in their 'score zone'.

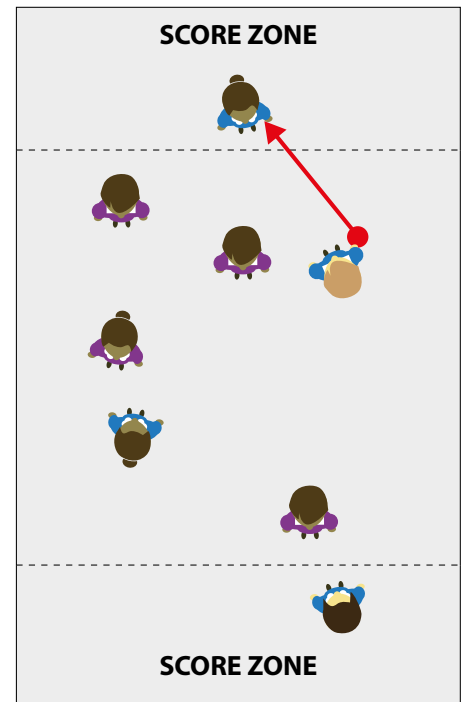
ADAPTATIONS:

- If a player scores in the end zone they must stay there
- A team captain is picked to lead on tactical discussions
- You can play this game with hands (Frisbee / any ball) or feet (ball)
- Players have to pass 5 times before a point can be scored
- Every player has to receive the ball before a point can be scored

PEOPLE: 6+ (minimum teams of 3)

EQUIPMENT: Balls (any type), cones, bibs

TIME: 15 - 20 minutes



26. Scatterball

Participants are divided into 2 teams, batters and fielders. The bowler on the fielding team throws the batter 4 balls to strike one after another, the fielders cannot move until the 4th ball is hit. Once hit the batter must make it around all 4 bases before fielders get all 4 balls back to the bowler zone. Players all have a go and then count up how many full home runs they have scored. The opposing team then become batters and try and beat their score.

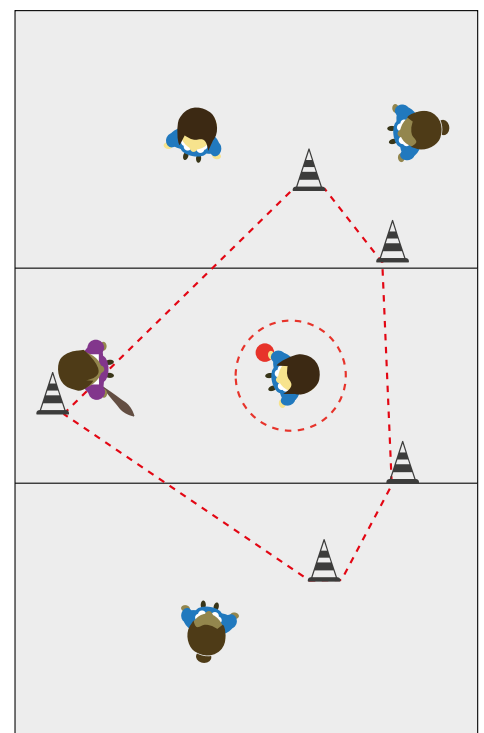
ADAPTATIONS:

- Two participants can act as batters, 2 balls each and run carefully together around
- Using different items to strike the ball with (racquets, bats or feet)
- Captains identified to discuss tactics with the team (where to hit? How to retrieve the ball back quickly?)
- Make the distances between bases bigger depending on the success of the hitters

PEOPLE: 6+ per game

EQUIPMENT: Balls (any type) and cones (optional rackets and bats)

TIME: 15 - 20 minutes



27. Globe Trotters

Participants are split into two lines facing towards each other over a net (badminton or tennis). The first participant hits a shot over the net and then immediately runs around the right hand side of the court to join the queue at the other side of the court. This repeats itself with each player at the front of the queue trying to play a shot into the opposing side of the court once it's their turn.

This game can either be played as a 'co-operative rally' to see how many consecutive shots the whole court can get as a team, or it can be played as a 'competitive rally' where each young person is trying to win the point, team members are then given 3 lives each to try and stay in the game.

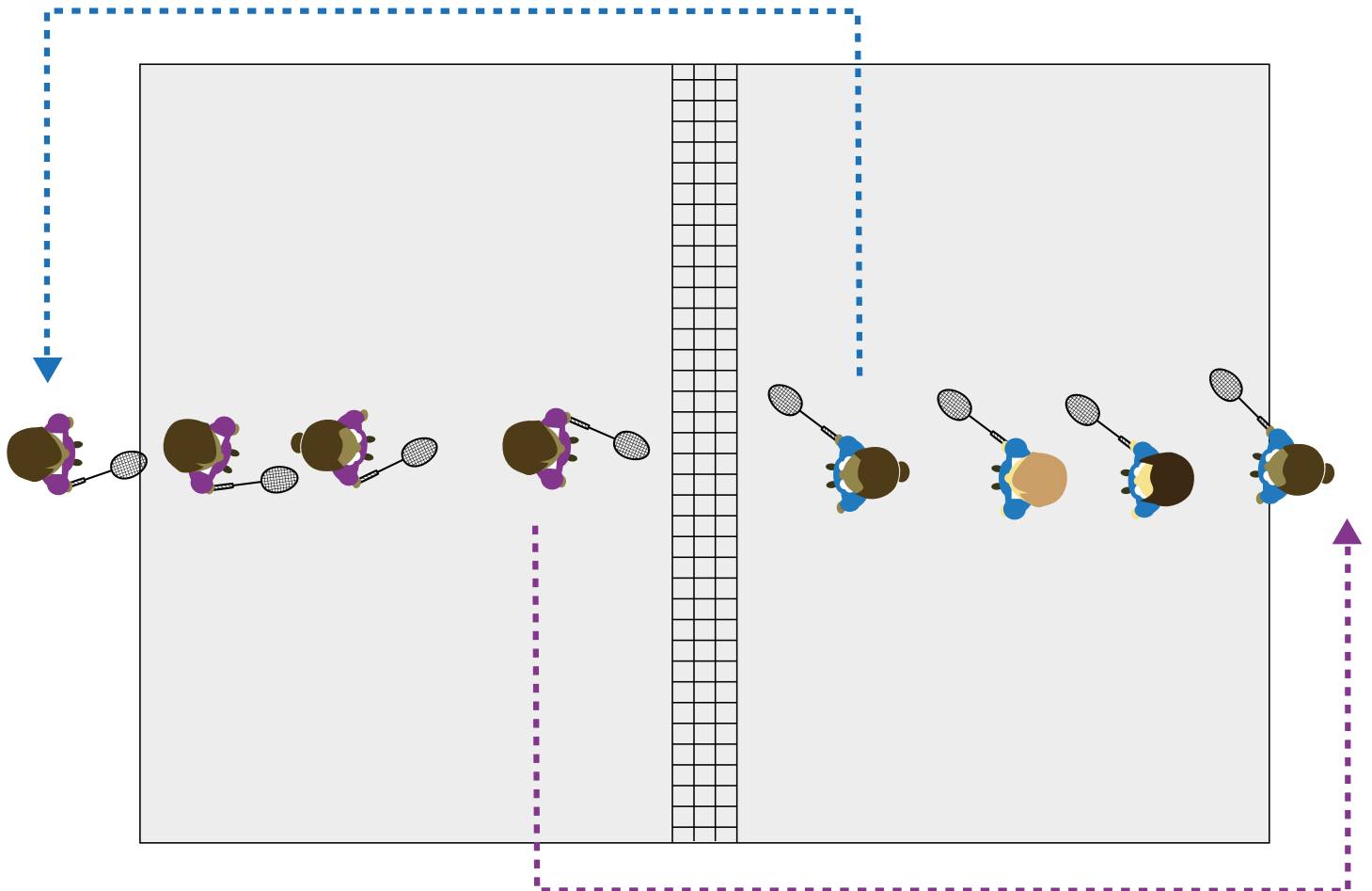
ADAPTATIONS:

- This can be played as a tennis / badminton or table tennis
- Change the equipment to make it easier or harder for the participants (e.g. soft tennis balls to make it easier)
- Expert players have to play with non-dominant hands
- A time limit can be put on for which team can get the highest cooperative rally
- Make the playing space bigger or smaller if needed

PEOPLE: 6+ per game

EQUIPMENT: Balls (any type) and cones (optional rackets and bats)

TIME: 15 - 20 minutes



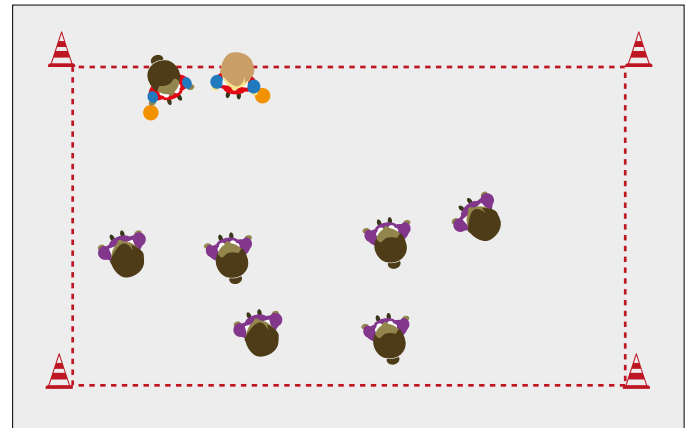
28. Ball Tag

2 team members are identified as 'taggers' (with bibs on) and everyone else are 'runners'. The runners have to stay inside the grid and run and dodge away from the taggers. The taggers have to tag them with the ball but cannot move when they have the ball, and cannot throw the ball at the runners, so it's all about the quick pass and move to one another between the taggers!

Once a runner has been tagged they put on a bib and join the 'taggers'. The last runner left is crowned the Ball Tag Champion!

ADAPTATIONS:

- Make the playing space bigger (harder for taggers) or smaller (easier for taggers) if needed
- Add multiple balls in when there are more taggers
- Use different balls depending on the ability of the group (smaller = harder)
- Allow for 'Team Talk Time' for the taggers and the runners to discuss tactics



PEOPLE: 6+ per game

EQUIPMENT: Balls (any type) and cones (optional rackets and bats)

TIME: 15 - 20 minutes



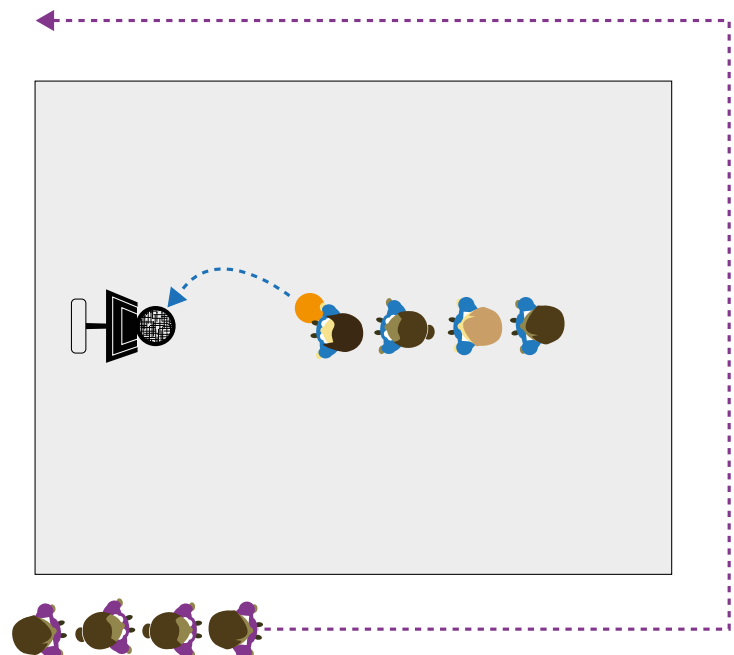
29. Shoot Out

Participants are divided into two teams. One team start as the 'shooters', one team start as the 'runners'. The shooting team line up ready for them to take a shot. The running team line up ready to run around the gridded area. As soon as the shooter has their first shot the first runner sets off around the grid. The shooters keep taking it in turns to get a shot in before the runner makes it all the way around the grid area. If the runner makes it back before the shooters have scored they get one home run. Once the runner returns the next runner sets off.

If a goal is scored the runner has to stop where they are, they don't score a home run and the next player sets off running. Once all runners have finished the number of home runs are counted up and then teams swap over and try and beat the previous teams score.

ADAPTATIONS:

- This can be played with various types of shots (e.g. netball/basketball/football/handball)
- Vary the shooting / running distance depending on the ability of the group
- The last runner can 'pick up' all the stopped runners on their tracks for the last home run to score additional points



PEOPLE: 6+ per game

EQUIPMENT: Balls (any type) and nets/ goals

TIME: 10 - 15 minutes



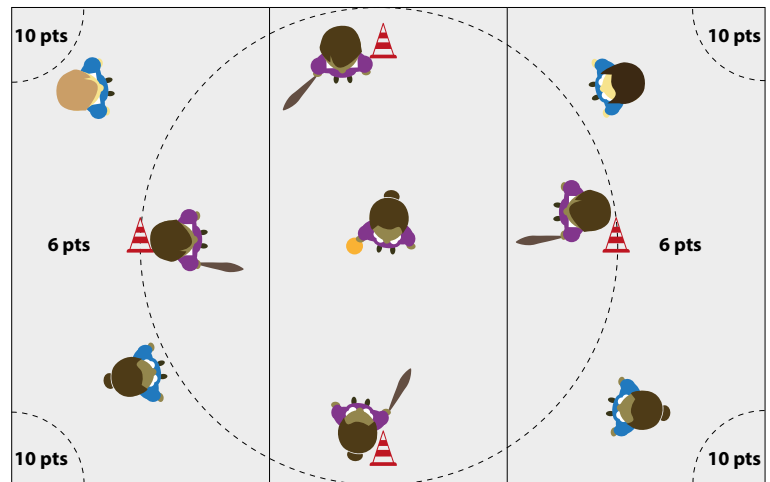
30. Diamond Cricket

4 cones are set out in a diamond shape, each with a batter, 1 bowler in the middle, 4 fielders.

Bowl in any direction, once the ball is hit all batters must move clockwise to the next base. Players are out if the ball is caught or stumped. Fielders return the ball to the bowler, who can then bowl the ball at any time. If a player is out they swap with a fielder.

ADAPTATIONS:

- Players can count their own runs to add a more competitive element
- The batting and fielding team could swap every time a batter is out
- Different hitting equipment (racquets, bats or feet)
- Fielders to rotate around positions
- Allow for 'Team talk' time to identify and talk tactics



PEOPLE: 6+ per game

EQUIPMENT: Balls, bats and cones

TIME: 20 - 30 minute



31. Bench/ Dodgeball Combo

Participants are split into two teams with a bench at the back of each area, and cones down the middle of the playing area. Teams play a normal dodgeball game however once they are hit they go and stand on their 'team bench' which is at the back of the other team's territory. To get back in the game they have to catch a ball while stood on the bench that has been thrown by their team. The winning team is the team that get all the opposing team out and on their bench.

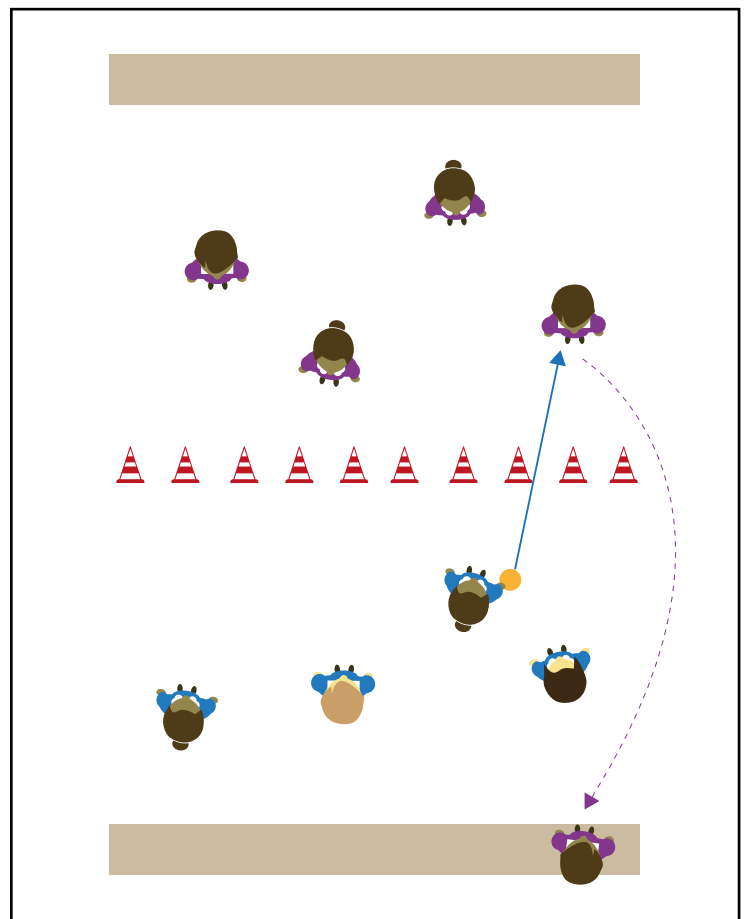
ADAPTATIONS:

- Players can identify one 'defender' who wears a bib and is given a ball to block the passes to the players stood on the bench
- Balls can be added or taken away depending on how the game is progressing

PEOPLE: 6+ per game

EQUIPMENT: Balls, bats and cones

TIME: 20 - 30 minutes



32. Capture the Flag

Participants are divided into two teams (teams as large as possible) with their flag (bib) placed at the back of their opposing team's territory with a coned line across the middle of the playing field.

The aim of the game is to capture the flag and return it back to your playing side.

Once a runner passes the middle coned line they can be 'tagged' by the opposing team, they then have to return to their playing side.

If a player gets to the flag, they also have to make it back to their own side without getting tagged.

If they do get tagged on the return back they drop the flag where they got caught and this is the new place to capture the flag from.

The winning team is the first team to get their flag safely back to their own side.

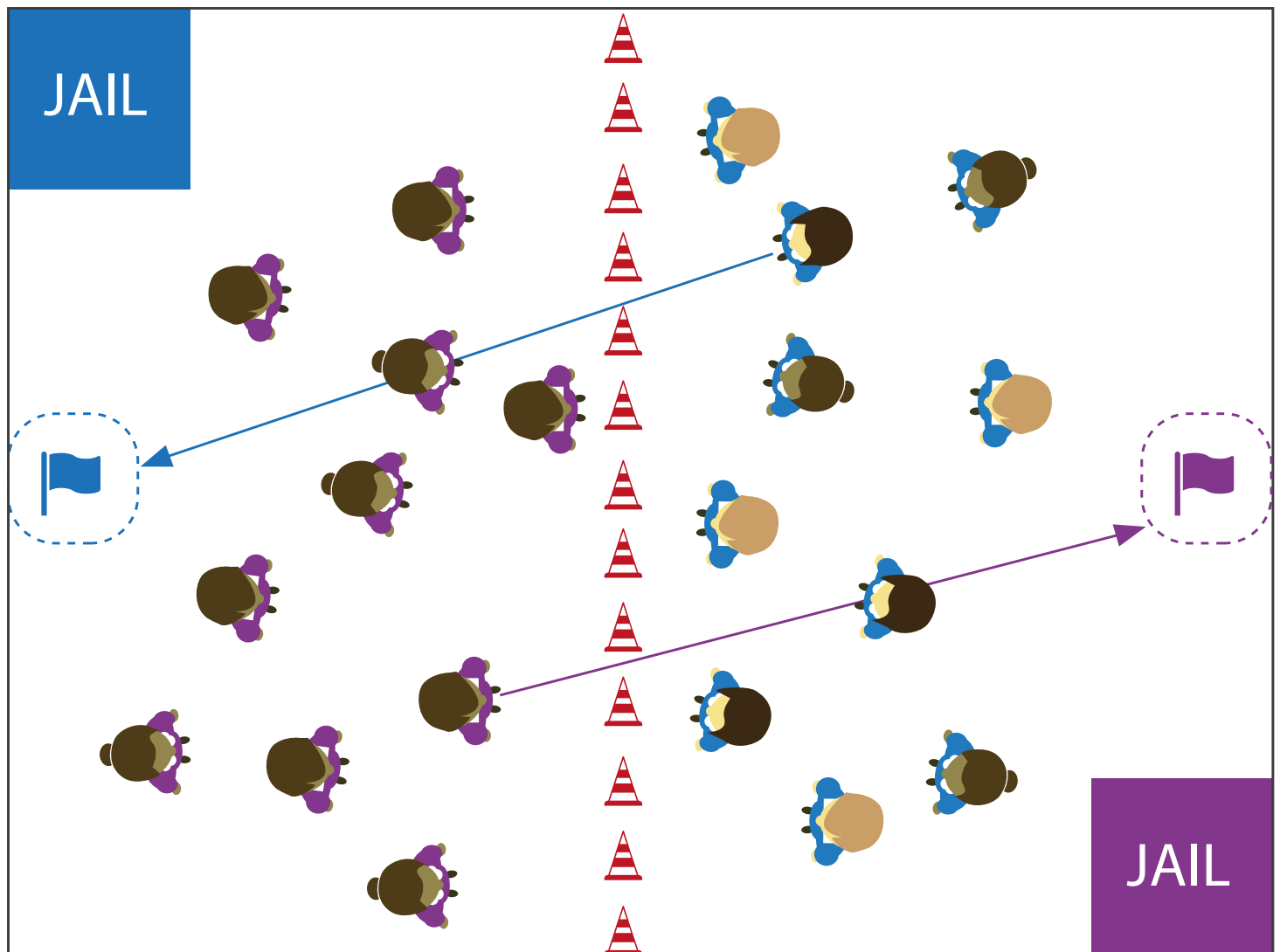
ADAPTATIONS:

- Once tagged, team members can go to 'jail' which is an area in the opposing teams half. They can only be 'freed' by a high 5 from a player from their own team
- Set a time limit to speed the game up
- Add a safe zone around the flag where the defenders cannot go in
- Teams come together to plan strategies / tactics

PEOPLE: 6+ per game

EQUIPMENT: Cones and two bibs

TIME: 20 - 30 minutes





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