

Brennball

(Burning Ball)

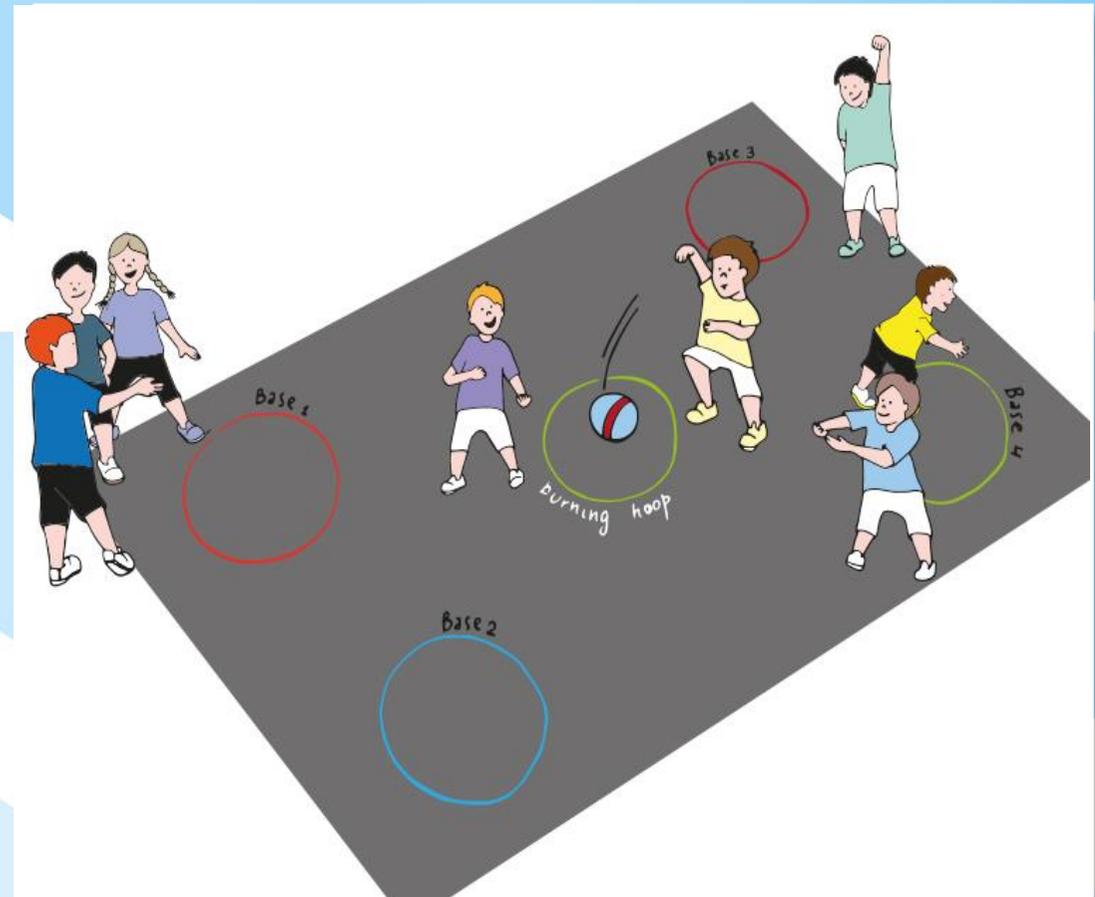


Aim of the game: Try to do as many runs as possible

Set up: 20m x 20m field (handball field, school yard or a park)

Rules:

The defending team A is in the in-field, the team captain stands next to the „burning hoop“. The offensive team B stands in a queue at the first base. A player of team B throws the ball as far as possible. Afterwards he runs as fast and far as possible. At the same time team A tries to catch the ball and passes it to the captain as fast as possible. The captain throws the ball into the hoop and screams „burnt“. If a player of team B manages to run around the in-field completely and get back to Base 1, he gets 4 points (homerun). In the case he doesn't manage to run around the in-field but stops on one of the hoops, he is safe and continues running when the next player of his team throws the ball. For reaching the home base with stops, the player gets 1 point. If he is in between two hoops during the captain's scream, he's burnt and has to go back to base 1 (no points). Change roles after a certain time (10 minutes) or after each offensive player had thrown the ball once.



Equipment and Materials:

Ball, 4/5 hoops, gym mats

Age:
10+

Number of players:
2 teams

Duration:
2 x 8 minutes.

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Teaching Style

1. Provide clear and simple instruction
2. Balance the ability level of the teams
3. Complete a walk through the playing area
4. Practice games before introducing scoring
5. Encourage players to communicate throughout the game
6. Safety instructions to be tailored to the environment and participants playing the game.

Equipment

1. Range of balls can be used that vary in weight, size, speed, texture, density etc.
2. Audible equipment can be used
3. Brightly coloured equipment can be used

Rules

1. Certain players may only be allowed to play with their weak hand/roll the ball instead of throwing it
2. Put in more/less hoops
3. Play without a captain
4. Vary the number of points for a homerun (a run with 1,2,3 breaks/stops)
5. Increase/decrease time limit & the number of players
6. Allow player to choose a thrower from their team



Environment

1. Increase/decrease the playing area/distance/ boundaries/zones/ shape
2. Determine specific areas in the court in which people cannot get burnt
3. Ensure the playing area has a smooth surface and is free of obstacles



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