

# So i hul

(Sow in the hole)



**Aim of the game:** To hit the ball into the “Frying pan” (central hole) or to keep the “Farms” (circle of holes) clear from “The Sow-driver”.

**Set up:** Outdoors in a big grassy area. Dig little holes (the farms) in the ground – one less than the number of players. The holes are placed in a circle around a centre hole (the frying pan).

## Rules:

Everybody except the Sow-driver has a farm and keeps his/her farm as long as the stick is in the hole. The sow driver is outside the circle of Farms and must try with his stick to drive the Sow (the ball) into the Frying pan (the central hole), but can also try to conquer an unattended Farm.

The “farmers” try to keep the sow driver out by striking the ball away when he approaches. However, at the same time they must guard their own farm!

If the Sow (the ball) ends up in the Frying pan, all the sticks are placed across the Sow-drivers stick over the center hole, and he throws all the sticks into the air. Thereafter it is a matter of finding one’s own stick and as quickly as possible to conquer a farm. The one who does not get a Farm is the new Sow-driver.

It is permitted for farmers and the Sow-driver to conquer farms from one another by placing the stick in an unattended hole.

Everybody, except the Sow-driver, can shout “*change farms!*” after which everybody must change farms - and this is a chance for the Sow-driver...



**Equipment and Materials:** A hockey stick per player. One ball – the “Sow”. Instead of digging holes you can use hoops or draw a circle with chalk on a hard surface.

**Age:**  
10+

**Number of players:**  
7 – 15 players

**Duration:**  
20 – 45 min.

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Co-funded by the European Commission



## TAFISA

The Association For International Sport for All

## Let's Inclusivize TSG!

### Teaching Style

1. Provide clear and simple instruction
2. Complete a walk through the playing area
3. Practice games before introducing scoring
4. Encourage players to communicate throughout the game
5. 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. Range of bats/sticks that vary in weight, size and material can be used
3. Audible equipment can be used ( e.g. bell or rattle ball, bases that have a buzzer)  
Brightly coloured equipment can be used

### Rules

1. Increase/decrease number of players
2. Set time limit for how long each person can be the 'sow driver'

### Environment

1. Increase/decrease the playing area/distance/ boundaries
2. Increase/decrease size of central hole
3. Ensure the outdoor playing area has a smooth surface and is free of obstacles

