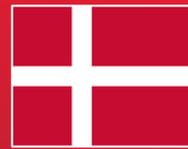


# Tårnbold

(The Tower Ball Game)



Games of the Past – Sports for Today

[www.recallgames.com](http://www.recallgames.com)

**Aim of the game:** This is a game where participants try to be as accurate as possible in hitting a target – the tower.

**Set up:** Indoor or outdoor free space (e.g. park, school backyard, gym) which allows the players to move freely.

## Rules:

It is a type of ball-game that includes developing accuracy.

At the beginning of the game participants form a circle, and a tripod (tower) is erected in the middle of the circle.

One of the players is selected as the tower keeper.

The aim for the other participants is to outplay him and knock down the tripod with a ball.

The player who manages to knock over the 'tower' changes his position with the keeper.



**Equipment and Materials:** A ball and a "tower" made of a tripod of wooden/plastic sticks

**Age:**  
6+

**Number of players:**  
6 - 16 per team

**Duration:**  
10 - 30 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. Safety instructions to be tailored to the environment and participants playing the game.
3. Practice games before introducing moving players
4. A buddy system can be used to support players

### Equipment

1. A range of balls can be used that vary in weight, size, speed, texture, density etc.
2. Introduce a ramp for the ball for those who need it
3. Introduce more balls to challenge the tower keeper.
4. Use brightly coloured equipment

### Rules

1. Change the form of movement from one round to the next
2. Set a time limit for how long each person must be the keeper
3. No player can attempt to knock over tower twice in a row

### Environment

1. Increase/decrease the size of the circle
2. Increase/decrease the distance from participants to the tower
3. Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles

