



Shomba

A dodging and tagging game played widely throughout Zambia.

Age: 5+

Players: Two teams, with a minimum of three players per team up to as many as you like.

Pitch: An open flat playing space with no specific boundaries.

Time: Unlimited.

Rules: One player from team A – the dodgers – begins by filling a bucket with sand from a pile, and transferring the sand to a sand pit.

Team B – the taggers – take it in turns to throw a soft ball at the dodger from an agreed distance.

When tagged (hit with the ball) this player goes to the back of team A and the next dodger steps forward to continue filling the sand pit.

The game continues until either the dodgers fill the sand pit and count to 10 or the taggers eliminate the dodgers before they complete the task.

Equipment

- An ichimpombwa (traditional Zambia ball), soft ball or similar.
- A bucket or similar vessel.
- A sand pit.
- Sand.

Safety

- Players can only be tagged below shoulder height.



Adaptations and variations

Easier

- **Space:** Taggers move further away.
- **Task:** NA
- **Equipment:** A larger bucket or vessel to fill.
- **People:** Decrease the number of taggers.

Harder

- **Space:** Taggers move closer.
- **Task:** NA
- **Equipment:** NA
- **People:** Increase the number of taggers.

Skills developed

- Aiming
- Throwing
- Changing direction
- Coordination

This activity can be used as

- A warm-up
- A skill-development activity

Who could use this card?

- Teachers
- Young leaders
- Sports coaches
- Community leaders
- Parents

