Cooperative games with SPORDAS Colored Cage Ball

1. Dodgeball

Objective:

All variations of the traditional "dodgeball" game can be played with Spordas Colored Cage balls. The objective is to hit opponents by rolling the ball along the ground.

Instructions:

- Players pair up, hold hands, and move freely within the boundaries of the playing area.
- The pair of "hunters" moves around, chasing the other players while rolling the ball on the ground.
- When a pair is hit or lets go of hands to avoid the ball, they become the hunters in turn.

Variations:

- With younger groups, the instructor or physical education teacher can assist the hunters.
- Two pairs of hunters can be designated, with two balls in play.
- When a pair is hit three times, a "penalty" can be assigned (for example, three laps around the gym).

2. Ball in a Circle

Objective:
By pushing the ball, players positioned around the circle try to hit the players standing in the center.

Instructions:

- Most players stand and form a large circle.
- One, two, or three players (or more depending on the number of participants) stand in the center.

- The outside players pass the ball around the circle and try to hit the players in the center.
- The ball may be pushed with one or two hands but must always stay in contact with the ground.
- When a player is hit, they switch places with the one who sent the ball.

3. Chasing the Planets

Objective:
Participants must cooperate to roll the ball as quickly as possible in order to:

- catch a running player
- prevent a running player from catching up with the ball

Instructions:

- Players stand in a double circle.
- They face each other.
- The two circles are spaced far enough apart to allow the ball to pass between them.
- Players remain in place and push the ball with their hands without moving their feet.

Possible variations:

a) The ball must complete as many laps as possible within a set time.

b) One player is designated and runs between the two circles, either facing or just behind the ball (depending on skill level).
At the signal, the player runs while the others move the ball in pursuit.
If the runner is not caught after two laps, another "target" is chosen.

c) Same as b), but this time the player must catch the ball.
At the start, the player and ball are positioned opposite each other.

Variations:

- Create two double circles, each with a ball. Organize a competition:
    - Who completes the most laps in a given time?
    - Who completes X laps the fastest?

- Place two players in the corridor (moving in the same direction).
- Players cooperate to move the ball without letting it touch the ground:
    - using hands above the head
    - back-to-back
    - sitting, carrying it with their feet

4. Ball Handling

Objective:
Master the ball using a tool.

Instructions:

Divide players into two equal, balanced groups.

1) Relay races:

- Move the ball forward using a unihockey stick.
- Guide the ball through an obstacle course using the stick.
- Using simple wooden sticks, players try to keep the ball in the air and pass it without letting it touch the ground.

2) Competition format:

- Groups stand on two parallel lines about 4–5 meters apart, facing each other, forming a corridor.
- Which group is fastest to complete a round trip:
    - by rolling the ball on the ground
    - by throwing it through the corridor
    - by carrying it overhead, passing it hand to hand
    - by pushing it using hands, legs, elbows, while sitting, kneeling, or lying down (head or feet toward the corridor)

For more difficult positions, a helper can stand outside the corridor to quickly return the ball if it goes out.

5. The Journey

Objective:
Try to cross the corridor without being hit by the ball.

Instructions:

- Divide the group into two and line them up facing each other, 4–5 meters apart.
- Corridor players cannot move their feet.
- The first two players run through the corridor while the others move the ball behind them as quickly as possible.
- Once they reach the end, they return the ball to the start and the next pair goes.

6. Carry the Ball Without Hands

Objective:
Find the best way to move the ball over a distance without using hands.

Instructions:

- Divide players into groups of 4–5.
- They must transport the ball without using their hands:
    - relay race: fastest team wins
    - obstacle course
    - slalom course

7. Synchronized Game

Objective:
Develop teamwork and synchronization between two groups using one ball.

Instructions:

- Form two groups of 4–5 players. One group holds the ball, the other stands about one meter behind.
- The first group throws the ball high forward.
- The second group runs to catch it before it bounces twice, then throws it back.
- Teams alternate throwing and catching.
- The throwing team must remain stationary.

Variations:

- Teams score a point if they catch the ball before two bounces.
- Require covering a distance in a set number of throws; no bounce allowed.

8. Throwing Practice

Objective:
Improve throwing accuracy.

Instructions:

- Three players kneel and hold the ball. The fourth serves (as in Kin-Ball).
- The ball can be pushed with both hands or struck with one or two arms (like baseball).
- Players take turns serving.

Variation:

- Competition: aim at hoops placed on the ground.

9. Based on the Traditional "Roof Ball" Game

Objective:
The called team must quickly catch the ball and try to hit a player from another team.

Instructions:

- Form teams of 4–6 players, each assigned a number.
- The teacher throws the ball vertically and calls a number.
- The called team catches the ball and shouts "stop."
- All players freeze.
- The team with the ball kneels and serves (Kin-Ball style) to hit another player.
- If a player is hit, their team loses a point.
- If no one is hit, the throwing team loses a point.

10. Wall Game

Objective:
Make it difficult for the opponent to return the ball to the wall.
The ball may bounce at most twice.

Instructions:

- Play 1v1 up to 4v4.
- Like squash, but using hands and feet.
- Two bounces allowed: one after the wall, one before returning it.
- In teams, players cooperate to receive and return.

Variation:

- Advanced players can play without bounces.

11. Giant Tennis

Objective:
Teams send the ball over a net or bench.
It may bounce only once in the opponent's area.

Instructions:

- Divide the field in two using benches, cones, or a net.
- Teams stand on each side.
- Players send the ball back using hands or arms.
- One bounce allowed but not required.

Variations:

- Play "football tennis" (feet only).
- Use both hands and feet.
- No bounce allowed.

12. Handball with Hoops

Objective:
Cross the field without losing the ball.

Instructions:

- Divide into attackers and defenders.
- Defenders stand inside hoops.
- Attackers move in pairs, passing the ball.

- No running with the ball (like handball).
- If defenders intercept, roles switch.

Variation:

- Defenders may step one foot outside the hoop.

13. Rolling Ball

Objective:
Move the ball toward the opponent's side using smaller balls.

Instructions:

- Draw two parallel lines 3–5 meters apart.
- Teams stand behind each line.
- Place the Kin-Ball in the middle.
- Teams throw smaller balls (volleyball, handball, basketball) at it to move it.

14. Baseball

Objective:

- Send the ball far to make catching difficult.
- Allow teammates to run and score.

Instructions:

- Set up a baseball-style field with cones.
- One team attacks (hits and runs).
- The other defends (catches and tries to hit runners).
- Score by returning to start; eliminated if hit.
- Switch roles after three eliminations.

Variations:

- Ball on a raised object
- Kin-Ball style serve
- Use feet

15. Giant Aki

Objective:
Keep the ball in the air as long as possible.

Instructions:

- Players form one or more circles.
- One player sends the ball up.
- Others keep it airborne using body parts.

Variations:

- No hands
- No feet
- Team competitions

16. The Squares

Objective:
Make the ball fall into another team's square.

Instructions:

- Divide the field into four squares.
- One team per square.
- Teams pass the ball between squares.
- Lose a point if it falls in your square.

Variation:

- Rotating squares system (like king of the court)

17. Cooperative Olympiad

Objective:
Work together to move the ball efficiently and score points.

Instructions:

- Teams of 6–10 rotate through stations.
- Perform as many repetitions as possible.
- Points are totaled at the end.

Stations include:

- Carry without hands
- Carry with feet (sitting)
- Back-to-back corridor
- Lying corridor
- Target throws

18. Activities for Small Groups

a) Moon Walk
Balance on the moving ball.

b) Pyramid
Stand upright on the ball (with safety mats).

c) Sumo
Push opponents or the ball out of a circle.

d) Gymnastics
Perform simple exercises (e.g., forward rolls over the ball).