

Balloon hockey

Age: Suitable for all ages

Equipment required:

2 chairs, a large sponge ball, 2 newspapers or magazines rolled up and taped, masking tape.

Space required:

Hall or similar large space free of furniture

Setting up:

Divide the group into two equal teams and have teams sitting in lines facing each other against opposite sides of the space. Each team should be sat in order of size.

In the space between them, place two chairs at opposite ends and place a newspaper on each chair. Half way between the chairs, make a small cross on the floor using masking tape and place the sponge ball on it.

How to play:

Give numbers to each person in both teams. Check that each one knows what their number is.

Explain which team is running to which chair to collect their newspaper and that, once they have it, they should try and hit the ball so that it touches their opponent's chair or goes through the legs of it. They are not allowed to kick the ball or touch it with their hands.

Also explain that once one of them has won, that person should put the ball back and both players should return the newspaper to their team's chair and go back to their seat.

Explain to everyone that points will be deducted from their team if anyone else deliberately touches the ball.

Ask if everyone has understood.

Call out a number to start playing. Have another leader/helper keeping score.

Notes:

If two players are very evenly matched and neither is able to score, you can call another number to change player and they should hand the newspaper to the new player from their team.

