**Team Ball:**

**Objective:** to work as a team to score more goals than your opponents by throwing a volleyball through the opposition’s hula hoop (*which is suspended from a hockey net*).

**Boundaries:** Can be played on any sized court or field, but the smaller the field of play, the fewer the players. Set cones around the net, to create a “no go” zone, in order to eliminate goaltending.

**Equipment:** One volleyball, two hockey nets, two hula hoops, 10 pylons or cones and pinnies.

**Rules:** Every player on each team MUST catch and pass the ball at least once, before their team can shoot. Every time the ball changes possession the teams must begin their passing requirements again. (*This encourages team play, communication and moving to open space*.)

Similar to basketball in terms of fouls. *No physical contact in an attempt to steal the ball, no travelling with the ball, but you can pivot.*

Similar in handball in terms of moving the ball. *Once you’ve got the ball you may take two steps, but then must stop and pass or shoot.*

**Number of players:** On a volleyball sized court or smaller, play 3 on 3. On a basketball sized court play 4 on 4.

**Scoring:** Goals are scored when one team shoots the ball through the suspended hula hoop and into the net. (*If the ball hits any part of the net or hula hoop, then the goal does not count*.)

**Starting / restarting the game:** Team captains do **rock, paper, scissors** to decide who gets the ball first. Teams begin play with a throw in from the end line of the court.

The ball is thrown in from the end line when a goal is scored, with the team that was scored upon taking possession (similar to basketball).

If the ball goes out of play, the last team to touch the ball loses possession and the ball is thrown in from the nearest spot from where the ball exited the court (similar to basketball).

**Simultaneous possession:** If the players both grab onto the ball at the same time, stop the game (to avoid injury) and **rock, paper, scissors** for possession. Restart play from the nearest point along the sidelines.

**Game length:** Games should run between 3 – 5 minutes running time. Rotating opposition frequently and resetting the game, helps alleviate issues between players / teams and keeps everyone involved.

