



GAGA Ball

Leaders Notes



Objective: To provide a safe environment for challenging and enjoyable activities to take place that develop participant's physical, social and mental skills.

The aim of this game is to eliminate all the players by hitting them below the knee. The last one in wins.

Equipment Provided: 2x GAGA Balls

Location: On the slope in front of the building between the Volleyball Court and the BBQ Shed.

Before You Start:

1. Check

- **Equipment** – Have you everything you need. Is it in good order and safe? This should've been collected from the centre ready for your activity.
Are individuals equipped with appropriate clothing, is footwear sturdy and enclosed, is hair secured? Sunscreen or insect repellent has been applied if needed.
- **Environment** – Is the area free of debris and animals including snakes, ants, spiders, and bees? Check the weather - Is it safe to continue?

2. Teach

The game rules:

- All players start with one hand touching a wall of the pit.
- The game begins with a referee throwing the ball into the centre of the pit.
- When the ball enters the pit, the players scream 'GA' for the first two bounces, and 'GO' on the third bounce, after which the ball is in action.
- Once the ball is in play, any player can hit the ball with an open or closed hand
- If a ball touches a player below the knee (even if the player hits himself or herself) he or she is out and leaves the pit. If a player is hit above the knees, the play continues.
- If the ball goes out of the GAGA pit, the last player to touch the ball is out.
- Eliminated players who catch a ball hit out of the pit can rejoin the game.
- Players cannot catch, pick up, hold, kick or throw the ball.
- Once a player hits the ball, he or she must wait until the ball touches someone else or the wall before hitting it again. No 'double touches'.
- If needed, a second ball can be thrown in the pit to expedite the end of the game. The last player standing is the winner of that round.

There are plenty of variations of the rules, and like 4-square or handball, you can certainly make your own house rules as long as everyone knows and agrees.

- Players can block the ball and 'dribble' it for up to 3 seconds, then it must touch the wall or another player.
- If there are only two players remaining, a player may hit the ball up to 3 times in a row.

Safety Guidelines

- Safety is very important – everyone is responsible to keep each other safe.
- Entering and exiting pit participants must have three points of contact to prevent tripping
- The GAGA ball must be kept low and in the pit.
- Be aware of your surroundings and movements so you don't hurt others.

3. Ready to Roll – Enjoy the Game

Have a trail run ensuring everyone is aware of and follows the rules and playing safe. Play a few times as a group. You could split into teams and have a competition if time allows.

4. Finishing Up the Activity

Debrief on how the game went, what was good, what was bad, what could be better.

Collect balls if last rotation for the day and return to the Centre.