FOUR SQUARE

WHERE TO PLAY: Outside on pavement
NUMBER OF PLAYERS: 4 at one time
GRADE LEVELS: 2nd-8th grades
EQUIPMENT: One playground ball; chalk if necessary

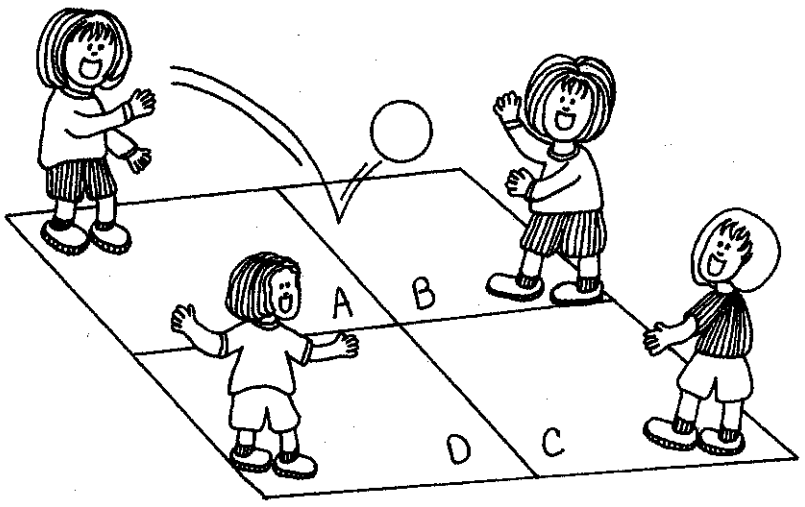
HOW TO PLAY: Four Square is played very much like Two Square. However, Four Square utilizes a larger court and more players. The size of the court can range from 8' by 8' for the younger students to 16' by 16' for the upper elementary grades. The court consists of four equal squares, with each labeled A, B, C, and D. The server's square is normally marked off with a line drawn diagonally across the A square.

Before play begins, each of the players assumes a standing position in one of the four squares. The server (A) starts the game by bouncing the ball once behind the serving line and, with an open hand, bats it into one of the other squares. The player receiving the serve must let it bounce once before hitting it into another square. Play continues until a fault has been committed by one of the four players.

A fault is any one of the following: (1) stepping over the line while serving; (2) hitting a ball out of bounds; (3) hitting a line with the ball; (4) failing to return a hit made to your square; (5) or using an overhand throw or fist to hit the ball.

When a fault has occurred, the players shift positions. If the server (A) commits a fault, he moves to square D, D moves to C, C moves to B, and B becomes the next server. The objective is to move up a square after each fault and eventually become the server.

When playing with only four players, the one who committed a fault moves to square D and the others rotate to fill in empty squares. However, if a game has more than four players, the one who commits a fault leaves the court and joins the line of players waiting to get back into the game. A player from front of the line moves into square D and the other three players move up one square.



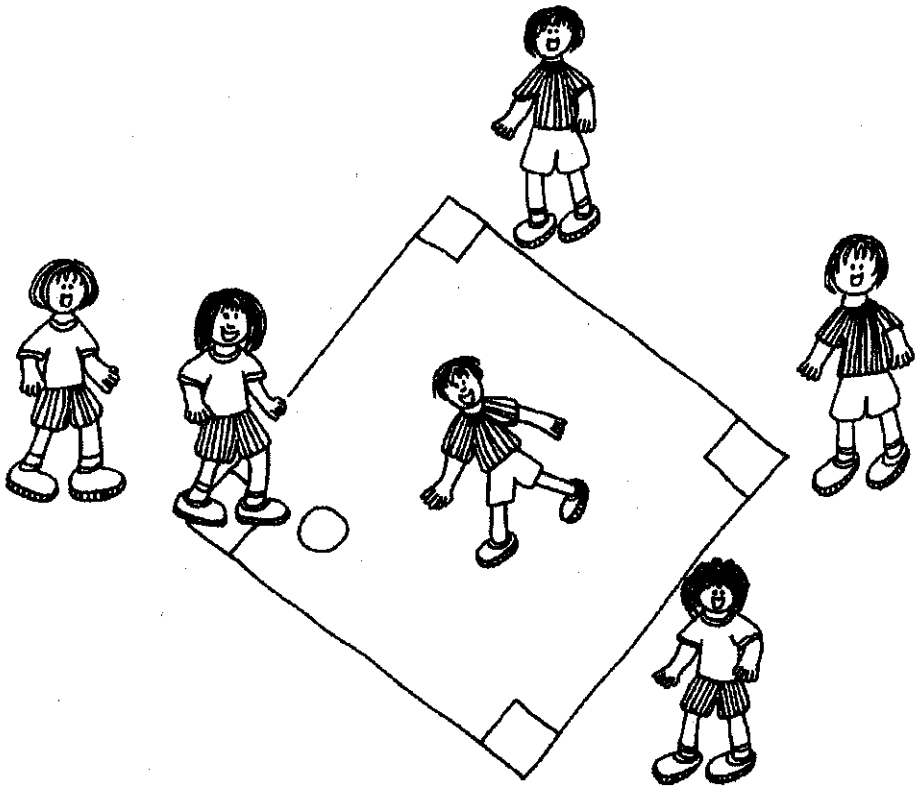
Four Square

KICKBALL

WHERE TO PLAY: Outdoors, preferably on a softball field
NUMBER OF PLAYERS: 6-9 on a team; two teams
GRADE LEVELS: 3rd-8th grades
EQUIPMENT: A large playground ball or foam soccer ball

HOW TO PLAY: First, form two equal teams. One team lines up to kick and the other team assumes fielding positions (as in softball). The game is played very much like softball with the following exceptions:

1) Instead of batting, a ball is rolled by the pitcher to the batter who kicks it. After the kick, the kicker runs the bases as in softball.
2) The fielding team can put the kicker out by catching a fly ball, tagging the runner while between bases, or forcing the runner out by getting the ball to a base before the runner gets there.
3) No leading-off or base stealing is allowed by the baserunners.
4) There are unlimited outs. Teams switch places after everyone on the kicking team has kicked. One point is scored each time the kicker has safely returned home. The team with the highest number of points (or "runs") at the end of a designated number of innings wins the game.



Kickball

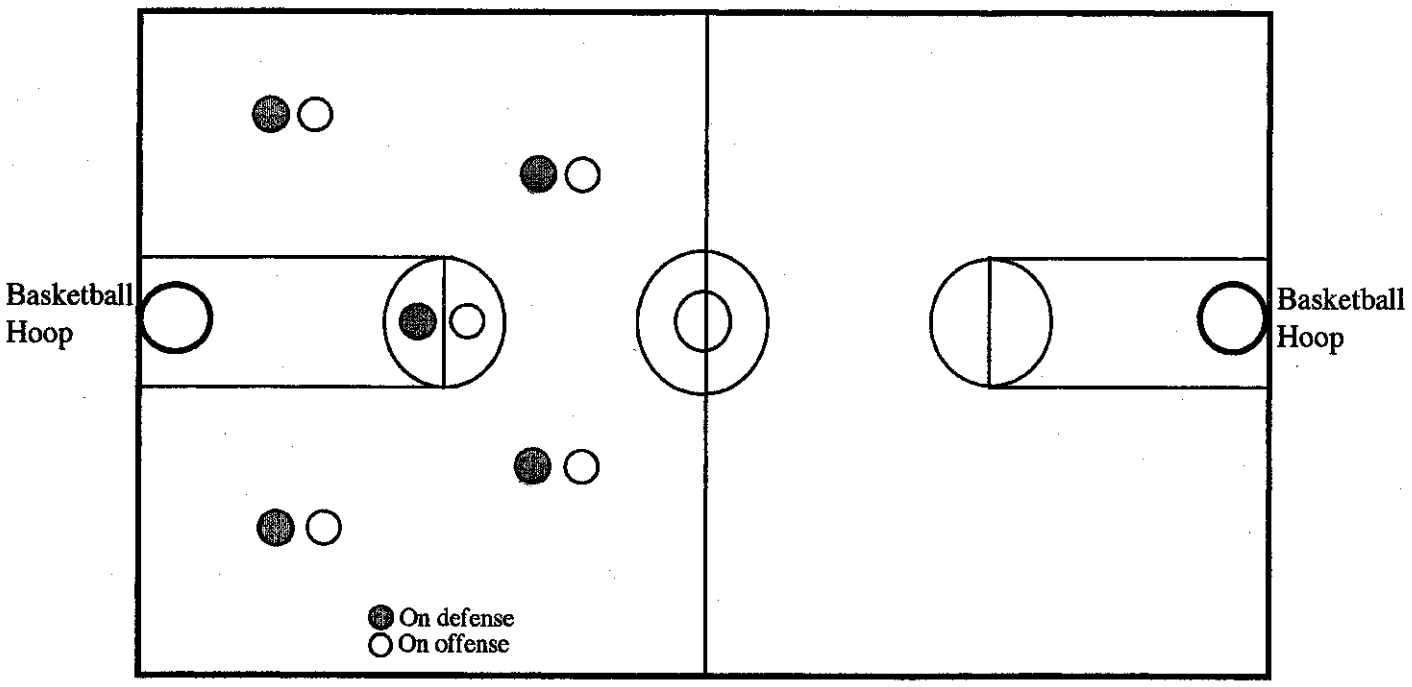
REGULATION BASKETBALL

HOW TO PLAY: Normally, there are five players on each team: one center, two forwards and two guards. To start the game, the official tosses up the ball between two opponents at the center circle. The two jumpers attempt to tap the ball to one of their teammates (who are standing outside the circle). Each team will then try to score by dribbling/passing the ball toward the opponent's goal, and shooting successfully at their basket. After each successful score, the ball is put back into play at the end of the court by the nonscoring team.

A score from the field area is worth two points. A successful free throw shot is worth one point.

A personal foul occurs when a player holds, trips, pushes, charges, blocks, or engages in rough play. If the foul occurs while a player is shooting, the shooter is award two shots from the free throw line. If the shooter made the shot, but was still fouled, he gets one shot from the free throw line. Five personal fouls disqualifies a player from any further participation.

A technical foul occurs when a player acts in an unsportsmanlike manner. The opposing team is awarded two free shots and possession of the ball afterward.



Regulation Basketball

All violations result in the opposing team throwing the ball in from the nearest out-of- bounds spot. Violations are:

1) traveling--taking more than one step while in possession of the ball; 2) double Dribbling-- dribbling with two hands or dribbling a second time after having stopped the first dribbling series.

NO RULES BASKETBALL

This is a fun game for the younger and/or less skilled child. It's basketball with as few rules possible!

Assign one team to start with the ball from their backcourt area. The players are allowed to dribble, walk or run with the ball, and can take as long as they want to move the ball down the court. Since no traveling or double dribble violations exist in this game, players have freedom in how they choose to move with the ball.

Players on defense are not allowed to take a ball from an offensive player, nor are they allowed to touch or foul a player. Defensive players can only gain possession of the ball off a rebound, a dropped ball by an offensive player, or an interception of a pass.

A successful shot counts as two points. The team at the end with the highest point total wins.

KNOCK OUT

This is another fun shooting game that requires only one goal. The objective is to "knock out" of the game another player by making a basket ahead of him. An ideal number of participants is three or four players. They then decide a shooting order and stand in a file at the foul line.

The first player shoots from the foul line. If the shot is good, he goes to the back of the line and remains in the game. If he misses, he gets his rebound and continues shooting until either he makes it or the second player has made a basket. If the second player makes a basket before the first player, the first player is "knocked out" and must exit the game. The remaining players continue playing with "knock outs" occurring every time a player makes a basket before the player ahead of him.

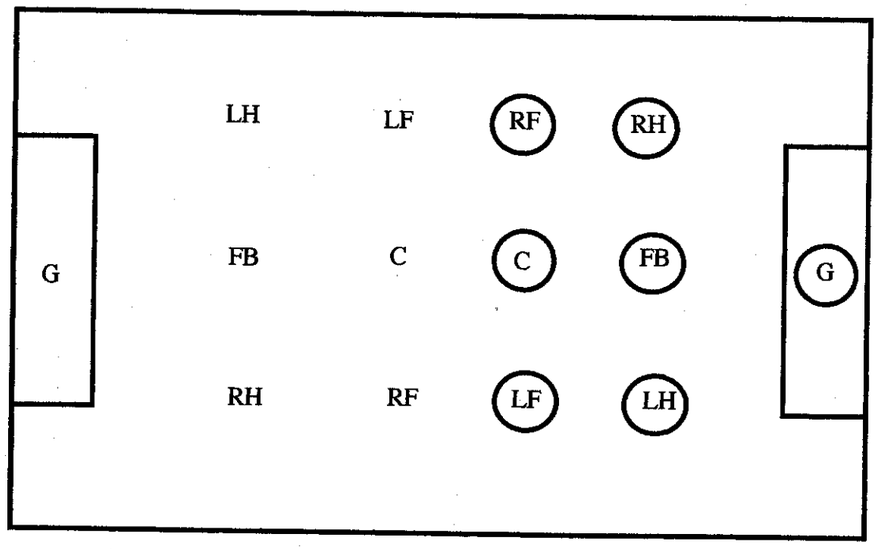
The winner is the last player remaining.

Other than the goalie, it is a foul for any player to touch the ball with their hands or arms. A free kick is awarded to the opponents at that spot. Unnecessary roughness, such as pushing, charging, tripping, holding or striking an opponent also results in a free kick. Another violation resulting in a free kick is called for being offsides. This occurs any time an attacking player, while in his opponent's half of the field, does not have at least two opponents in front of him at the time the ball was advanced forward.

MODIFIED SOCCER

This game is played very much like regulation soccer but without the required number of players on the field at one time. Each team has one goalie, three forwards, two halfbacks and one fullback. This is an ideal number of participates for the many elementary schools and parks that now have "mini" soccer fields (that is, smaller soccer field dimensions).

Regulation soccer rules and scoring, as explained above, apply.

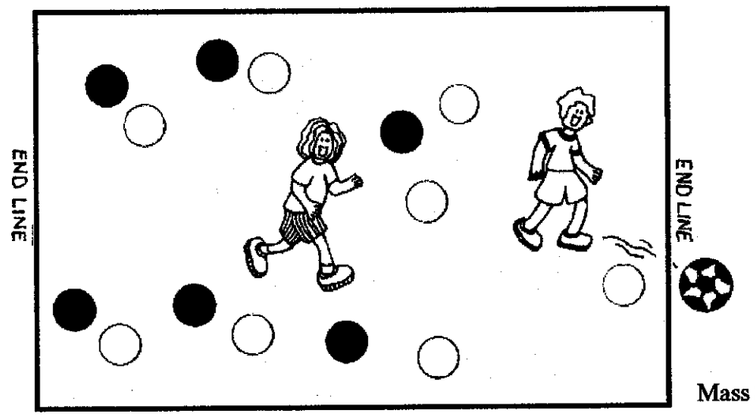


MASS SOCCER

This is a simple version of soccer with few rules, making it a great activity for younger and/or less skilled students. Divide a group into two equal teams with each team lined up on an end line. Place a soccer ball in the middle of the playing area. On a starting signal, both teams run forward from

their end lines and attempt to gain possession of the soccer ball. The team with possession wants to kick the ball over the opponent's end line, below shoulder level, for a score.

There are no set positions, and players are free to roam the playing area. No player is allowed to use hands (there are no goalies). As in regulation soccer, a goal counts as one point.



Mass Soccer

3-ON-3 SOCCER

This game is played much like regulation soccer except there are only three players on a team and the field is smaller (about 40' by 60' is ideal). Cones can used for goal markers. One player for each team should start in the goalie position with the other two players at midfield.

The game begins with one team kicking off. Teams try to score by kicking the ball through the opponent's cones. A kickoff follows each score, with players rotating positions. Rotating allows equal opportunities to play both goalie and forward.

Regulation soccer rules apply to scoring, hand violations, out of bounds, and rough play.

3-On-3 Soccer