



## Grade 7 Sample Lesson Plans: Unit 5 – Small Sided Teams

### **Description**

Please see attached handout for a lesson submitted by a Virginia teacher

### **Source:**

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### **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

## **Small Sided Team Games**

### **Patriotball**

A cross between Football, Handball and Ultimate Frisbee.

Small sided games are best for most participation and MVPA.

The object of the game is to score points by advancing the ball across your teams end zone. You can start the game in different ways: Jump ball, RSP, etc. Whoever gets the ball first will make a throw to a teammate. Once that teammate catches it, game on. The player then tries to advance the ball by running towards their end zone or by making a pass to a teammate.

The defense can stop the team with the ball by tagging the player who has the ball. Once a player has been tagged they must stop in that spot and make a pass to a teammate. The thrower cannot take any steps after they have been tagged.

An incomplete pass is a turnover to the other team. The defense can knock down passes and intercept passes. The teacher can decide if an interception can be advanced.

On a turnover, the other team must make a throw to a teammate before their possession can begin. Fumbles are a turnover and cannot be advanced.

After a score, the player leaves the ball in the end zone and the other team goes to retrieve it. The team that retrieves it gets a free toss to a teammate to start their possession and then the game continues.

#### **\*Variations\***

- For more of a challenge, use flag instead of tagging.
- With younger grades (2nd-3rd) play where incomplete passes are "live". Anyone can get them but whoever gets it must make a pass, they cannot advance it themselves.

### **Vortex**

#### Equipment

- Lots of cones
- Flags and/or pennies for each student (need 4 colors for 4 teams)
- 4 throwing objects (footballs, gator balls, tennis balls, rubber animals, etc.)
  - 1 large bucket

#### - Setup

- Divide playing field into 4 sections with cones
- Make 8-10 foot coned circles in the back of each section (bases)
- Put 1 object in each base

- Put the large bucket in the middle of the field where the 4 corners meet surrounded by an 8-10 foot coned circle around it, the bucket is the “vortex”.
- Game objective
- To be the last team with an object in your base.
    - Eliminate all other objects into the “vortex.”
- Game rules
- Each team is safe in their own territory, but not in the other 3 territories.
  - If a player’s flag is pulled in another team’s territory, they must take their flag and go back to their own territory. Once the flag is put back on, the student can keep playing.
  - If a player is able to get into another team’s base (circle of cones in the back) they are safe and can pick up the object. Once they leave the circle they must try to get back to their base or to the vortex without getting their flag pulled.
    - A student can only put the object back in their base if they do not have an object, otherwise the student must try to eliminate the object by tossing it into the vortex.
    - Students are not allowed to go inside the circle of cones surrounding the “vortex,” he/she must throw or toss the object into the bucket. If the object does not make it into the bucket, the object is placed back into the base it was taken from.
    - Any student holding an object is not safe, not even in his or her own territory.
    - Objects can be thrown to teammates if the ball is caught, if the object touches the ground it is placed back into the base it came from.
    - Only 1 object can be in a base at a time. Extra objects must be eliminated into the “vortex.”
  - Base Guards - teams can have players guard their base but no guards are allowed to stand inside.
  - Safety Concerns - if played in the gym, no sliding on knees; no grabbing of shirts to pull flag of a player.
- Game extensions
- Throwing of objects can be prohibited
  - If throwing into the bucket is too difficult, the bucket can be taken away and the circled area can act as the “vortex.”

## **Cross and Carry**

### **-Equipment**

- \*Standard CTF setup but no puppy guard line
- \*Objects for each team (flags, animals, balls, etc.)

### **-Setup**

- \*Set up a normal CTF field without the puppy guard line
- \*Give each team the designated objects for each team

### **-Game Objective**

\*to be the team that has placed the most objects into their opponents hoops at the end of the designated time

### **-Game Rules**

- \*Students are safe in their territory
- \*Offensive students try to run an object through their opponent's territory and place it their hoop without having their belt pulled
- \*If student has their belt pulled and they have an object they must: (pick one of these to play)
  - Take the object back to their side
  - Try to throw it back to their side or to a teammate (defense is allowed)
  - Give to the defender
- \*The team that has the most objects in their opponent's territory at the end of the time limit, wins!

## **Pirates Treasure- (4-way Game)**

### **- Equipment**

- \* Lots of cones
- \* Flags or pinnies for each student (need 4 colors for 4 teams)
- \* 4 gator balls of 4 different colors, preferably matching the pinnies (16 total)

### **- Setup**

- \* Divide playing field into 4 sections with cones
- \* Make 8-10 foot coned circles in the back of each section (bases)
- \* Put 2 of each color gator ball in each base

### **- Game objective**

- \* Acquire all 8 gator balls of one color

### **- Game rules**

- \* Each team is safe in their own territory, but not in the other 3 territories
- \* If a player is tagged in another team's territory, he/she must freeze and either jog in place or jump up and down in place with their hand raised calling out for 'help.' This is called being in jail. \*variation is to simply have the player return to their territory, put their belt back on and then return to the game.
- \* Tagging players (if you don't have flags) must be a gentle touch on the shoulder or back
- \* To rescue a tagged player in jail, someone from their team must get to them and tag them without being tagged. They then get a 'free pass' back to their territory.

\* If a player is able to get into another team's base (circle of cones in the back) they are safe and can pick up 1 ball. They must try to get the ball back into their territory safely by either carrying it back without being tagged or by throwing it back to a teammate. If tagged, with the ball, or if the thrown ball touches the ground before it is caught, it must be returned to the base where it was found.

\* If a player is able to successfully retrieve a ball and bring it back to their territory, they must put it in their base. Once a team is able to retrieve all 4 balls of one color the game is over and the equipment is reset for a new game to start.

\* Base Guards – Depending upon size of teams you can have 1 or 2 players guard their base but no guards are allowed to stand inside.

\* Safety Concerns - if played in the gym, no sliding on knees; no grabbing of shirts to tag or pull flag of a player.

### **- Game extensions**

\* Teams can either be told which color ball to acquire or they can decide for themselves

\*A strategy can include taking a ball from a team that they are trying to acquire to keep them from getting all of their balls.

\*may use objects other than balls for teams to collect.

\* Teams start with all of the same color ball must try to acquire one of each color to win

\* No safe areas anywhere

## **Open the gates**

Set up: Set up like regular CTF except you will put cones with tennis balls onto top of them. Place the “flags” in the area behind the cones.

The cones with the balls on top of them act as doorways with the balls being the keys. For players to get to the flags the keys must be removed from the cone. Once two “keys” from two cones that are side by side have been removed, that opens a door and a player from the opposing team can pass through that gate to get a “flag”

No defenders are allowed behind their own gates. When a player goes through an open gate they may get a flag and attempt to get it back to their side. A player attempting to get a flag back must exit through an open gate only. Players may throw the flag to a teammate to help advance it if needed. If a player is successful in getting back to their side, they just add it to their collection of flags behind their own gates.

Things to note:

A gate must be opened first, so a two balls have to be removed first before anyone can get a flag.

If a person gets their flag belt pulled have them go back to their end line, put their belt on and then get back in the game.

Some levels/ variation

Level 1: when a key is removed bring it to a container that is sitting out of the playing area and it is removed for the game.

Level 2: When a key is removed a player may take it back to their own side and place it on an empty gate to close it back up.

\*I have seen before a player in the flag area get locked in when a team was able to close their gates up before they were able to get out!

I play for a time limit and then count them up.

## **Big ball basketball**

Equipment: you will need two large play balls that you can get from Walmart. You will need two hula hoops per game. You will need either floor mats or step ups.

How to play:

The game is just like regular basketball. The differences are that instead of using a regular basketball hoop one of your teammates will stand on the mats or the step ups holding a hoop that will be the basketball goal.

Scoring:

To score you just move the ball down the floor with the big ball basketball and when you take a shot the ball must go through the hoop their teammate is holding. Players holding the hoops must hold the hoop parallel to the floor. Players holding the hoops may also move the hoop to the ball to help it go through the hoop. Hoop holder must be on the mats or the step up as the ball goes through the hoop.

Defense

The defense may block the shots, they may steal the pass, you can even goal tend. Since the ball is so big it is too easy to steal the dribble, therefore you may not steal the dribble.

The offensive player can only have the ball for three seconds. This is to keep players from going coast-to-coast all the time.

## **Team keep away**

The object of this game is to complete five consecutive passes to your teammates. When this happens that team will receive a point and the opposing team is given the ball to try to do the same. If a ball is dropped or intercepted, the other team gets the ball. Whoever has the ball cannot move with it, however pivoting is allowed the person with the ball also has three seconds to make a pass before it becomes a turnover.

Considerations:

1. When playing defense on the person with the ball, defense must keep one arms length away. Close person-to-person defense can be played everywhere else.
2. Play two minute rounds and switch opponents within the class.

## **Socci Blaster**

**Objective:** To score a point by throwing the ball and knocking over a guarded item

**Equipment:** Gator skin ball, cones, bowling pin

**Set Up:** Create a center circle for the pin (nobody is to enter this area unless to retrieve a ball), a 2nd circle surrounding the center (defensive zone), and create an offensive and defensive team.

**How to Play:** The defensive team spreads out in their zone. The offensive team surrounds the defensive team. On go, the offensive team will pass the ball to teammates looking for an open shot to throw the ball towards the center target. If the target is knocked over a point is awarded and the game resets. Play for a time limit and then switch roles. If a ball lands in the defensive zone, an offensive player is to retrieve it.

## **Stack and Steal**

Using stacking cups place a large amount of stacks of three on each side of the gym with the half court line being the dividing line between the two teams. The object of the game is to have the most stacks of three on your side at the end of the time limit. Players will attempt to go over to the other side and get to a stack. They will upstack the cups and then downstack the cups. Once they have done that they can pick up the stack and take it back to their side.

Variation- assign one or two people on each team as a tagger. Give the tagger a tagging noodle. They will try to tag anyone who is trying to stack up the cups in an effort to take them back to their side. If tagged the player must immediately go back to their side and start again. Taggers can tag players who are trying to get back to their side with cups in their hands.

## **Endless Endzone**

The object of the game is for players from one team to make their way over to their safe zone without getting tagged. Set up a large rectangle playing area. On one of the sides of the rectangle is a starting line. The team that is starting on the starting line is trying to get directly across to the other end.

Level 1- Players start at a starting line and try to make their way to the other end. Stay inside of the boundary lines. If a player is tagged they go off to the side and make their way back to the

starting line. If a player goes out of bounds that counts as a tag as well. If a player is tagged they stop where they are (put hands on head or hips.) . You can only be freed by a teammate who has already standing in the endzone. The teammate will come back into the playing area and grab your hand/arm to bring you back to your starting line. A player who is trying to rescue a teammate can be tagged while trying to help. If that happens both players are now frozen. If you reach your safe zone, you may come back to save a teammate but you must return them to your side, you cannot lead them to the safe zone. After a certain amount of time stop the game and see how many people you have in your safe zone. Try to improve your team's score during the next round.

### **Step In**

Set up a rectangle with cones to for a playing space. Get into groups of five. Have three players stand inside the rectangle and have two players stand together at a cone. The object of the game is for the group of three players to achieve nine completed passes. Play is started with a ball being passed among the three inside the grid. Once three passes have been completed one of the players standing at a cone comes in and plays defense by trying to intercept or block a pass. The offensive team continues to try to complete passes on its way to nine completions. Once the offensive team has completed six passes the second defender comes in and plays defense as well.

The offensive team is trying to complete nine passes to “win” the round. The offensive team is allowed one drop on their way to nine completions. Once the second drop has occurred the round is over and a new one begins with new defenders.

### **Feed the Beast**

Have students get into groups of five and use cones to make a rectangle. Team A will have four players. Three of those players will be on the outside of the rectangle with the fourth player of Team A inside the rectangle. The last remaining player will be the defender and will guard the Team A player inside the rectangle. Game play is simply the outside players will try to pass the ball around in an effort to get the ball to their teammate in the middle.

### **Tag the Ball**

Have students get into groups of four. Have them use disc cones to make a fairly large size square.

The object of the game is for three people in the group to try to work together to tag the fourth person in the group with a gatorskin ball. On the go signal the three people will pass the ball around trying to tag the “it” person with the ball. When a player is in possession of the ball they cannot move (pivoting is fine). Making quick passes while the other teammates are following the “it” is the best strategy.

Once the “it” is tagged the person applying the tag becomes the new “it”. Make sure however that everyone gets a chance to be the “it” before the game ends.

### **Eye of the Storm**

Have students get into groups of four. Each group will need one small cone, foam brick, etc. Have players set with three players making a circle around the fourth player in the middle. The player in the middle will have the cone resting on the floor by their feet.

The object of the game is for one person on the outside of the circle to grab the cone which the person in the middle is guarding. The person in the middle protects the cone by tagging anyone that tries to take it. If a would be thief is tagged, they assume a pushup plank position. To get back into the game one of the other two thieves in the group can touch them to release them back into the game. If the protector tags all three thieves then the round is over and the protector is the winner.

## **Swatball**

Equipment:

- Cones to set up rectangular field or use markings on gym floor.
- 2 mats to stand up on each end as goals.
- 1 or 2 large light/large balls per game (featherlite volleyballs, omnikin balls, beach balls, etc.)

Objective:

- Teams are trying to score as many goals as possible using teamwork.

Rules:

- Students are trying to pass, slap, roll, or hit ball to their teammates to try and make the ball hit the mat.
- Students cannot hold the ball and move.
- Students can move with the ball if they are dribbling the ball (like a basketball), slapping the ball on the ground, or if they don't have the ball.
- Students on defense can try to steal the ball by intercepting or knocking the ball away from the offenders. However, if a student is holding the ball it cannot be hit out of their hands.
- Students only get 5 seconds to get rid of the ball if they are holding it.
- As soon as a team scores the other team can immediately start playing offense.

Extensions:

- Can use 2 or 3 balls at the same time if there are a lot of students or limited space.
- Make teams have a minimum amount of passes before they score, I usually say 3 passes before a touchdown can be made.

## **Basketball invaders**

Played on an indoor or outdoor basketball court. Divide the class into two teams. Each player needs a flag belt and a way to identify each team.

Game is similar to capture the flag however to score, a player must cross over into their opponents' side while dribbling a basketball with the goal of trying to shoot the ball through the hoop. Players can score different ways. A lay up is worth three points, a jump shot is worth two points and a shot taken from behind the three point arc is worth one point.

The basketball must be dribbled at all times while in possession of the player. A ball may be passed to a teammate in an attempt to get the ball into scoring position.

If a flag is pulled, the person who pulled the flag gets the ball and the other player then needs to go back to their side and put their belt back on or do a re-entry task.

## **Island Rescue**

--Equipment:

\*Cones to separate two sides

\*Two scoring containers

\*Pinnies for each player

\*Flag belts for each player

\*Gatorskin balls

\*folded up floor mats

--Setup:

\*Use the cones to divided the playing area in half

\*Place three folded floor mats near the end line of each side

\* Place one scoring tub behind each end line

--Objective:

\*To fill your scoring bucket up with as many balls as possible

--How to play:

\*On the go signal, players from each team will try to advance across on to the other teams side to try to stand on one of the mats without getting their flag pulled. If they successfully make it to a mat they are trying to make a catch from a fellow teammate who is throwing a gatorskin ball to them. If they make a catch,they hold the ball up for all to see and get a free pass back to their side.Once on their side they drop the ball into their scoring tub/bucket and keep playing.

--Rules:

\*Throws can be made from any where in gym.

\*If you get your flag pulled, go back to your endline, put the flag back on and get back into the game

\*Players on the mat attempting to make a catch must remain on the mat as they are catching

\*Defending the players on the mats from trying to make a catch is allowed, HOWEVER, a player on the mat may reach to the defending player's flag to steal it. If it is grabbed, the defender must go to their endline and put it on, temporarily creating a clear passing lane for the catcher.

\*Play until all the balls are in the tubs

Or For A Predetermined Set of time.

--Variation:

\*When playing inside, allow players to cross over to the other side to try to score a ball through the basketball hoop. If the player makes it they get to dump out their opponent's tub of balls!

## **Six Hoops**

Six color teams of 4-6 players. Use the Omnikin Six balls. Spread six hoops around the playing area. One person from each team is the defender while the other team members move around the playing area passing the ball to score in the other team's hoop.

Rules:

-defender man not step inside of the hoop to guard it.

-ultimate rules while moving the ball to a hoop.

-Team member must catch the ball with at least one foot in the hoop.

-if a defender deflects the ball, the attack team must move to a different hoop to score.

-cannot score at a same hoop until scored at all hoops first.

Play multiple timed rounds. Tally up your score after each round. Try to beat your score from the previous round.

Variations-

Challenge: try to score in each hoop in an allotted amount of time.

One and done: Once a team finishes. The round is over. All of the other teams record their score and play again.

## **Double Box**

8 players (2 teams of 4); 1 disc; 8 cones

This is a miniature game of ultimate, and more fast-paced. There are 2 scoring goals, 5m x 5m boxes, separated by about 20m. One teams starts with the disc in their box and is attacking the

opponent's box. Each time a team scores, they immediately are attacking the other box. Otherwise, the rules are the same as Ultimate.

Play games to 3 or 5. Unlimited substitutions are allowed at any time.

## **Open Corner I.**

3 players, one ball, one open corner. Player with the ball signals the player opposite open corner and passes to that space for player to move onto. Practices communication, timing run, timing/pacing pass, and passing/lead passing into space

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Open Corner Drill II. Same as above but pass to any player then move to space - practices moving after the pass

## **Goal Line D**

Have students pair up. Make a large square per pair for the playing area. Both players meet in the middle. One person has a flag belt. The object of the game is for the offensive player to get past the defensive player to the goal line. Both players are in the middle of their square to start. On the go signal both players will sprint to their baseline, touch it with their foot or hand, sprint back to the midline, then go back to their baseline again. After they get to their baseline for the second time it's game on. The offensive player will try to use speed and agility to get to the defensive player's baseline. The defensive player will try to grab the offensive player's belt before they cross the line. Switch jobs each round.

## **Chicken Football**

This game needs four players, two on each team. The object is to score across the other team's goal line. Start by placing a cone on each end of the playing area and a marking cone in the middle. Behind each endline cone place a marking cone about two paces away. Place a beanbag, foam brick, or rubber chicken, etc at the middle cone as well. Two players from opposite teams will meet at the middle cone, while each other's teammate will stand at the endline cone that is behind their teammate.

To begin play, the two players in the middle will play rock, paper, scissor. The winner will then pick up the object in the middle and run towards the other team's goal line. As soon as this happens the losing player will run quickly back to their own goal line and stand at the far back cone while the other teammate will come out and challenge the other player. Once they get close to each other they stop. There is no contact in this game. The runner is not allowed to evade as well. The two players from there will play RPS and continue on until one player has passed the other team's goal line.

## **Omnikin Blasters**

Equipment: omnakins, 3 cones per goal, gator ball for each team (non goalie)

Set Up: Place 3 goals in triangle formation and place omnakin ball on top. Students pair up and get either a gator ball or a goal to defend.

HTP- Go signal, goalies protect their goal while the teams try to advance their ball for a close shot handball style and knock the omnakin off the cones. Teams then would switch and new handball throwers start from center circle.

- New goalies can choose when to place their ball on the cones for fair play.
- If an offensive team does not knock a ball off the cones then they must report back to the start zone EACH TIME to keep a team from getting bombarded