



GET ACTIVE



15 MINUTES



IN THE CUPBOARD

RUSH



▶▶ GETTING INTO THE ACTIVITY

A game combining skill, reaction speed and quick thinking. Defend your zone at all costs whilst aiming to eliminate those around you.

Split the meeting space into zones. If playing in teams, aim to have four zones. If playing as individuals, each player will need their own zone. Zones should be the same size and marked out with markers or tape on the floor. One person should start in each zone.

On go, throw a ball into the area. All players must stay within their zone. Aim to keep the ball out of your area, whilst trying to hit it into someone else's. Every 30 seconds, whoever's zone the ball is in loses a life. Each player starts with 5 lives. Play tactically to eliminate those around you whilst trying to stay in the game.

Vary the Game: Use some of these options to change up the game:

- Vary the time limit throughout the game and don't let the players know how long they have.
- Limit time a player can have the ball in their zone.
- Play sudden death, with each player only having one life.
- Play with a uni-hoc kit, volleyball, badminton or other sporting equipment.
- Use 2 or 3 balls at one go, increasing the difficulty.



WHAT YOU'LL NEED

- Football
- Markers / Tape
- Timer



KEEPING EVERYONE SAFE

Maintain social distancing where required. Please use an appropriate ball for the meeting space you are using. If playing with your hands, please use hand sanitiser before and after the activity.