

Seniors



GET ACTIVE



20 MINUTES



IN THE
CUPBOARD

GAGA BALL



AIM

Gaga Ball is a fast paced, high-energy game played in an octagonal pit. The more players the better! The game combines the skills of dodging, striking, running, and jumping. Those playing need to keep moving to avoid getting hit by the ball. Fun and easy, everyone gets a serious workout.

WHAT YOU'LL NEED

- A Soft Ball (Football Sized)
- 8 + Tables

GET ACTIVE: GAGA BALL

THEME: PLAYING GAMES



LEADER PREPARATION

Before playing the game, you will need to create a circular area. The best way to do this is to turn some tables on their side. A soft ball is needed for the game. A sponge or lightweight ball would be ideal.



GETTING INTO THE ACTIVITY

Gaga Ball is a variant of dodgeball that is played with one ball and requires an enclosed area to play in. The rules of the game are as follows:

- This game is played individually. Everyone starts inside the pit with one hand against the wall.
- The ball is dropped in the middle and must bounce twice before anyone can move. Should anyone come away from the wall before the second bounce, they are out.
- Players are free to move around the playing area as they like.
- Players can hit the ball with their palm or fist.
- Players cannot hold the ball or pick it up.
- Players can only hit the ball once and can't touch it again until the ball has hit another player or the wall. If the ball is hit twice, then that player is out.
- To get people out, players must hit them with the ball under the knee. Players who are out must exit the playing area immediately.
- Rebounds off the wall count.
- Players can defend their legs by using their hand (but this is classed as a touch).
- If players hit the ball out of the arena they are out. If the ball hits someone else on the way out, then whoever it touches last is out.
- The last two players are allowed up to three successive touches each.
- The last person standing is the winner.

To see a game of Gaga Ball and its rules in action, search for 'Gaga Ball' on YouTube. This will help you to see these game rules in action.



IDEAS TO TAKE THIS FURTHER...

Increase the difficulty by adding in multiple balls at one time. This will increase the need to be alert, with incredibly fast reaction speeds.



KEEPING EVERYONE SAFE

Tables on their sides will create trip hazards (table legs). Please ensure all those playing are aware of this and move around the tables sensibly. The tables should not be leaned against, as these could easily tip over.