How many bean bags?

Players work in pairs. One player from each pair runs to a central point to collect one ball at a time and throw the ball back to their team-mate at their base and then tag the next player. The aim is to collect the most number of balls.

What you need

- 15–20 balls of different size
- 4 cone markers for each playing area
- Chalk or removable tape

What to do

- Form 4 groups of 2 for each game area
- Use an activity such as Form a group to group the players.

Use other combinations as required, e.g. 6 groups of 4 or 5, but adjust the playing space so it is not too crowded.

Playing the game

- Teams collect as many balls as possible in the allotted time, e.g. 60 seconds.
- When all the balls have been removed from the centre, the coach calls ‘STOP!’

Variation

- Replay the game, allowing all players to simultaneously collect and deposit balls without passing balls to a team-mate.

Learning Intention

How many bean bags can be used as a warm up for catching, throwing and fielding skills.
Coaching

- Encourage players to communicate with their teammates.
- Fielding requires chasing, retrieving, changing direction and returning. Warm-up activities like Start out CP2a help to develop agility.
- Replace the ‘throwing back to home base rule’ with ‘run back to home base and hand the ball over’.
- Work in pairs – roll the ball back to home base, receiving player calls the direction if a player has limited vision.
- Mobility-restricted players can be stationed at a base and receive thrown balls.

Game rules

- First group to collect 5 balls.
- Vary the locomotion – e.g. springing from 2 feet. You may need to reduce the time for collecting (e.g. 30 seconds).
- Vary the method of transporting the ball – e.g. use legs to hold the ball, carry the ball under the armpit, hold the ball above the head.
- Require a fun activity before returning to home base, e.g. figure of ‘8’ with the ball between the legs.

Equipment

- Easier – use soft balls, bean bags or a suitable light object, e.g. a teddy bear.
- Harder – a mix of balls, which might include a light medicine ball, a large exercise ball or a rugby ball.

Playing area

- Smaller space – makes it more ‘crowded’.
- Larger space – achieves increased activity levels.

Safety

- Players should be familiar with space and other player awareness games with activities such as Here, there, nowhere.
- Players should look out for other players. Pause the game to remind players if necessary.

How many bean bags?

- Use a braking activity to slow players as they approach the circle.
- The circle in the middle should be large enough to avoid head collisions as shown.

ASK THE PLAYERS

- ‘How do you avoid collisions?’
- ‘What can you and your partner do to gather the most balls?’ (e.g. players raid agreed bases)
- ‘Which pass will help you return most balls to your partner?’