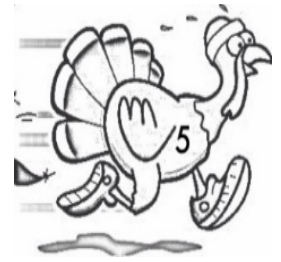


Thanksgiving Game Idea >>> www.PEtop5.com (Nick Kline, @PEtop5)



“Stuff the Turkey”

Skill Concepts: Shooting, Chasing/Fleeing, Teamwork, Cardiovascular Endurance

Equipment: 2 MultiGoals; 10 balls; 6 hula hoops; 20 polypots; 4 cones; pinnies

Set Up:

- Place the MultiGoals on opposite ends of the activity area. If using a basketball court, place the goals near the end lines.
- If there is not a line dividing the playing area in half, you will need to make a center line using additional polypots or cones.
- Put 10 polypots in a circle around each MultiGoal, spacing them approximately 3 yards (steps) away from the goal, to mark the goal area. This will be referred to as the “No Guarding Zone.”
- Make a square using 4 cones in opposite corners of the gym spacing them about 3 yards (steps) apart. These squares will be “Jail.”
- Scatter 2 hula hoops on each half. The hoops are called “Safety Circles.”
- Take the remaining two hula hoops and put one on each side of the gym in the opposite corners with respect to where the jails are. Place 5 balls in each of these 2 hoops.
- Divide the group into two teams and use pinnies to distinguish the teams.

How to Play:

- The game is called “Stuff the Turkey,” and is the opposite of Capture the Flag.
- The object of the game is to successfully get the 5 balls (“stuffing”) from the hula hoop on your side of the gym, to your goal on the opposite side of the gym. The ball must make it into the center of the MultiGoal (the “turkey”).
- Explain the rules of the game:
 - Once you cross the center line, anyone on the other team can tag you.
 - If you get tagged, you must go to jail.
 - If you are holding a ball, you are NOT allowed to be a tagger. (Note: A player is not allowed to drop the ball, tag someone, and then pick it back up. Rather, that player must return the ball to their hula hoop or get it to their goal before they can help tag.)
 - If you are carrying a ball when you get tagged, you must return it to your hula hoop before going to jail.
 - If you throw or shoot a ball attempting to make a shot and you miss, then you are in jail (return the ball to your side).
 - The circles around the goals are No Guarding Zones. The defense is NOT allowed inside this area. The offense can enter this area to make a goal, but the offense is not safe inside this area... if the defense tags you, go to jail.
 - The 2 hula hoops on each side of the gym are Safety Circles. The defense cannot tag a player standing inside a hula hoop (limit 1 player per hoop).
 - In order to be freed from jail, someone from that team must touch one of the 4 cones without being tagged. Once freed from jail, every person (including the player that freed jail) gets, and must take, a free walk back (all the way back to their side). They identify themselves by walking with their hands on their heads.
 - Once a team successfully deposits all 5 of their balls into their goal, the game ends. Reset the game by having players return to their sides, put the balls back in the starting hoops, and you are ready to play again!

Check This Out

- If players become really good at this game and start to play too much defense, try limiting the number of taggers per side. Give foam noodles that are cut to an 18 inch length to 3-5 players on each side. These are the only players that can tag an opponent that crosses onto their side. After each round, switch taggers.
- Allow a player to throw a ball from their side of the field to someone in their jail in order to set them free. If the ball is caught everyone gets a free walk back, but if the ball is missed the player who threw it must return the ball to the hula hoop and then join the player(s) in jail.