



# Gaga Ball

Try out a new game with your young people, which will put their speed, agility and reaction skills to the test!

## How?

Gaga ball is a variant of dodgeball that is played with one ball and requires an enclosed area to play in.

Before playing the game, you will need to create a circular area, like shown in the photo. The best way to create this is to turn some tables on their side. The rules of the game are as follows:

- Players must start with one hand against the wall.
- The ball is dropped in the middle and must bounce twice before anyone can move.
- Players can hit the ball with their palm or fist.
- You cannot hold the ball or pick it up.
- Players can't hit the ball again until the ball has hit another player or the wall. If the ball is hit twice, then that player is out.
- To get players out, you must hit them with the ball under the knee.
- Rebounds off the wall count.
- Players can defend their legs by using their hand (but this is classed as a touch)
- If you hit the ball out of the arena you are out. If the ball hits someone else on the way out then whoever touches it last is out.
- If you catch the ball in mid air, then the person who hit it is out. (it can't bounce against anything first)
- Last two players are allowed up to three successive touches.

*To see the game in action, search for 'Gaga Ball' in YouTube*



Northamptonshire Boys' Brigade– The Adventure Begins Here

## Equipment Required:

- Ball (one which bounces well)
- A number of tables to make an arena.

## Details:

Age - Company / Seniors

Cost - None

Time - 20+ Minutes

Difficulty - 3/5

