



**Small Sided  
Short Timed Games  
3 on 3 and 4 on 4  
One Minute or Less!**

**Physical Education Activities**

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**Retired Physical Education Teacher  
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This very active session will have participants involved in small-sided games with high-energy expenditure, total team involvement, tactical decision-making and opportunities to use skill and strategies. Small-sided games offer teachers and students time to develop team strategy meetings, fast restarts, offense and defense, and game skills. This is not your typical 3 on 3 all play at once games. These are the NJ Lake Conference evening event specials. Great for small areas with large groups!

Games:

Tchoukball  
Team Handball  
Volleyball  
Floor Hockey  
Soccer  
Striker  
Football  
Noodle Hockey

Equipment used in session:

[FLAGHOUSE Softee Hockey Stick \(Item #1797\)](#)  
[FLAGHOUSE Series Indoor Soccer Ball - #5 \(Item #1538\)](#)  
[FLAGHOUSE Striker with 18" Cones \(Item #14203\)](#)  
[CATCH® Football Set \(Item #11418\)](#)  
[KEEPERS™ Adult No - Tie Pinnie Set \(Item #12518\)](#)  
[PUGG Pop - Up - Goal™ \(#10429\)](#)

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**Small Sided Short Timed Games**  
**3 on 3 and 4 on 4**  
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**Soccer:**

This game is played on half or full in-door basketball court with the end walls (height and width adjusted appropriate to age and skill level) as the goals. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play. Equipment: Indoor Soccer Ball, NO-Tie Pinnies, and Cones

**Team Handball (Ultimate rules applied)**

Two teams play each other on a small team handball court\* using Pugg goals as the goals and Ultimate Frisbee rules as guides (no moving when ball is in your hand). A goalie and the defenders can defend the goal area, but the offense may not go into the goal area to shoot, retrieve a ball or pass. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play.

Equipment: Team Handball, Dino Skin Ball, Pugg Goals, Tape, Pinnies, Trial Ball #1

**Floor Hockey**

Two teams play floor hockey (no checking, no contact, no goalies) on half or full basketball court. The goal is the end of the court two feet high. Penalties are assessed for high sticks, checking and any other rules you may want to enforce. A penalty puts the player out of that game but may return when their team wins or proceeds through the strategy line to their next game. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play.

Equipment: Foam Hockey Sticks, Foam Ball, Pinnies, Cones

**Volleyball**

Two teams (3 on 3 or 4 on 4) play vs each other in a game in which 3 points wins the game. The winning team stays and the second place team moves to the strategy line. Net and court size are based on skill, age and available room.

Equipment: Floater Volleyball, Nets, Beach ball

**Tchoukball**

This new and exciting game of passing, throwing and catching challenges all levels of players into thinking new strategies and teamwork. A team scores a point when it throws the ball against either Tchouk and the opposing team does NOT catch it. In the small area games it is best to use Ultimate rules of no dribbling. There is NO DEFENSE on the passing or shooting. The only defense is to catch the ball that is thrown against the Tchouk before it touches the ground outside of the circle. An offensive player may not enter the Tchouk circle to throw a ball. Two teams play for 2 minutes or 1 goal. The winning team stays on and the second place team goes to the end of the line and plans strategy for the next game. If no goal is scored in the 2 minutes, both teams move to the strategy line and 2 new teams come on to the floor to play.

Equipment: Tchoukball goals, team handball type ball, pinnies, floor tape

### Striker

Two teams of 3 play together in this striking game, defending their goals while working as a team to score a goal by striking the ball with their hands so it goes under the goal flags of their opponents.

Equipment: Striker goal flags, Dino skin foam ball, cones

### Noodle Hockey

Rotating teams of 3 on 3 or 4 on 4 complete in one goal wins games. Players hold noodles on the ends and hit the ball with the curved part of the noodle. The goals are at the ends of the playing area and are the width of the area so goals are scored quickly. The Team scoring the goal stays on the field and plays the new team entering the game. The new team takes the noodles from the team leaving the field and plays the ball first. If neither team scores a goal in 1 minute, both teams exit the field and two new teams enter and play the game.

Equipment needed: 8 water noodles (4 of each color), 7" Dino Skin Ball, 4 cones for goals

### Noodle Lacrosse

This is a noodle game played with long noodles. Players hold each end of the noodle together (elastic bands or velco strips can be wrapped around the noodles to hold them together). Game is played catching and throwing the 7" coated foam ball using lacrosse skills.

### End Zone Football

Two teams of 3 or 4 players each compete in a quick passing only game of End Zone Football. The rules of "Ultimate Football" are used: no moving with the ball, ball is moved only by passing, scoring is a ball caught in the end zone. A dropped ball or incomplete pass gives the ball over to the other team.

Equipment needed: Foam football, cones for goals, pinnies,

### SpikeBall

Lead up for elementary school:

- Use 7" medium bounce coated foam Dino Skin ball
- Serve and catch
- Serve, pass back and catch
- Serve, pass back, spike and catch
- Use hula hoop on floor to do the above skills
- Progress to using Spikeball net
- Change to Spikeball yellow ball for above skills
- Progress to using Spikeball net and ball
- Play the game

Here are some exciting additions to the games that can make the activities fun and creative for your students:

- Red and Yellow Cards
- Yellow penalty flags
- Red Challenge Flags
- Video Tape Review Area and Covers
- Play the games for 1 minute or 1 goal
- Add changing teams on each return to the start area
- Penalty boxes, ejections and technical fouls can be called
- Have 3 levels of play going at one time. Red (beginning level), White learning skills and game), Blue (Advanced Level of Play)
  - Teams can ask to change levels by moving up or down levels according to team record
  - Commissioner (you) of the league can change rules, durations and scoring

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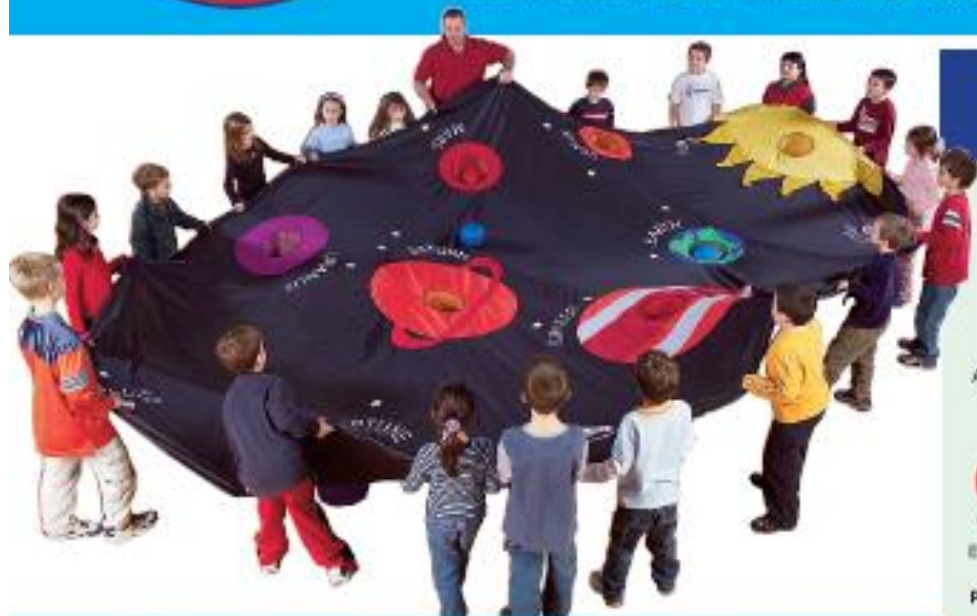
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