

“FIVE EXCITING AND MAXIMALLY ENGAGING SPORT ACTIVITIES THAT WORK IN ANY SITUATION”

(GATORBALL, COUGARBALL, ULTIMATE, FLICKERBALL, RACKETBALL)BONUS-SPEEDBALL****

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BUSINESS CARD (CONTACT OR OBSERVE)

BROCHURE

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***MULTIPLE GAMES-4/SMALL (EQUAL) 8 TEAMS-5/SIMPLE RULES (NO GOAL KEEPER/MAN TO MAN)/QUICK TRANSITIONS/MUSIC**

***CAN PLAY ALL SPORT ACTIVITIES INDIVIDUALLY AND/OR IN COMBINATION**

STEREO SPEAKER (BLUETOOTH) AND CELL PHONE

(START-STOP TO MUSIC...PLAY/STOP/EQUIPMENT MIDDLE/HIGH FIVE/ALL TEAMS ROTATE RIGHT/MATCH-UP/VESTS HAVE BALL 1ST)

***STUDENTS OFFICIATE OWN GAMES (RULES/FOULS/SCORE)**

***QUESTIONABLE SITUATION=AUTOMATIC REPLAY**

***SAFETY (YOU GET HURT=SUE YOURSELF) (HURT SOMEONE ELSE=TELL THEIR PARENTS)**

***CAN FORCE EVERYONE ON TEAM TO TOUCH THE BALL/FRISBEE PRIOR TO A SCORE OR 2 POINTS FOR
A FEMALE SCORE AND 1 POINT FOR A MALE SCORE**

GATORBALL (3 STEPS/3 SECONDS/3 PASSES/BALL TOUCHES GROUND-TURNOVER/ENDZONE OR GOAL=1 POINT)

25 CONES 20 VESTS 8 POP-UP GOALS (ENDZONES OR GOALS) 4 GATOR SKIN BALLS

COUGARBALL (TAG FOOTBALL-RUN OR PASS/3 SECONDS/BALL TOUCHES GROUND-LIVE/ENDZONE=1 POINT)

25 CONES 20 VESTS 8 ENDZONES 4 RUBBER FOOTBALLS

ULTIMATE (3 STEPS/3 SECONDS/3 PASSES/FRISBEE TOUCHES GROUND-TURNOVER/ENDZONE=1 POINT)

25 CONES 20 VESTS 8 ENDZONES 4 ULTIMATE FRISBEES

FLICKERBALL (TAG FOOTBALL-RUN OR PASS/3 SECONDS/BALL TOUCHES GROUND-LIVE/BASKETBALL GOAL=1 POINT)

25 CONES 20 VESTS 8 BASKETBALL GOALS 4 RUBBER FOOTBALLS

RACKETBALL

(1 UNDERHAND PITCH SOFTBALL/MIS OR FOUL=OUT/CEILING OR RACKET HITS FLOOR=SWITCH

SIDES AND 5 RUNS/CATCH OFF WALL=OUT/3 OUTS=SWITCH SIDES/ROTATE BATTING AND FIELD)

16 BASES 4 CARPET SQUARES 4 TENNIS RACKETS 4 SPONGE BALLS 4 BOXES

***BONUS SPEEDBALL** (BALL IN AIR-RUN UNTIL TAGGED THEN PASS/3 SECONDS/BALL TOUCHES GROUND-KICK/CAN

LIFT BALL OFF GROUND WITH FEET/THROW IN GOAL IF IN AIR OR KICK BALL IN GOAL IF ON GROUND/GOAL=1 POINT)

25 CONES 20 VESTS 8 LARGE PVC GOALS 4 VOLLEYBALLS

****BUSINESS CARDS**OUTLINE**HANDOUTS**EVALUATIONS****