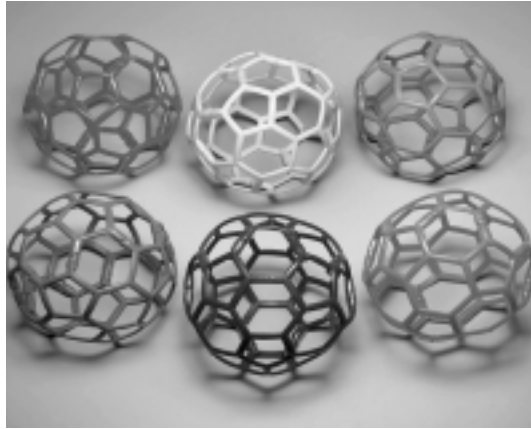


GrabBall™ Activity Guide

Written By George Hanson And John Horstman



Introduction

The “ultimate friendly ball for all” — **GrabBall** is widely used in physical education, adapted physical education, recreation, club, camp and home activities. It is truly a product everyone can enjoy with tremendous success. There is no right or wrong way to throw, catch or play with **GrabBall**. As a teacher, you are encouraged to modify the games and activities in this guide in order to try new innovative ways to use this magnificently unusual ball. Just be sure to keep the games fun, fair and inclusive.

GrabBall is a wonderful object for play and learning. You can throw, roll, kick, hit, catch, bounce, tap, balance **GrabBall**, or use it in dance and movement routines. **GrabBall** is adaptable for indoors, outdoors, the pool, beach, park or any play area.

Beneficial Characteristics:

- Its bright colors and ability to pick up light reflections make it easy to track.
- Its soft, “giving,” flexible material provides safety in handling.
- Its geometric, open-matrix design allows for catching in every conceivable way.
- It provides unlimited grip patterns, even with a single finger.
- It provides a moderate bounce by putting a SloMo™ Ball (see Sportime catalog) inside its shell, then inflating the SloMo™ Ball.

Individual Stunts

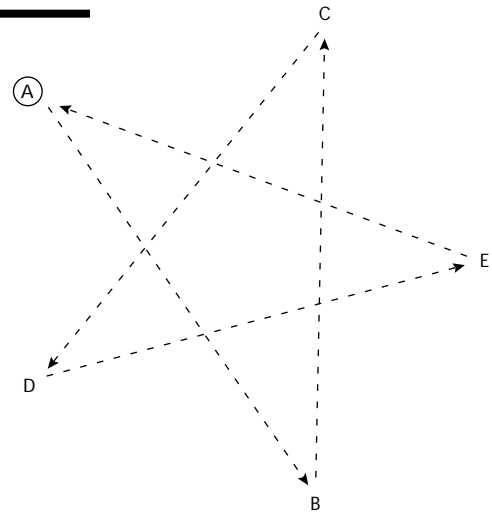
- Use different tosses: Right hand, left hand, one finger, underhand, behind the back, under the leg, overhand, toss up in the air and catch.
- Use different catches: 1 hand, 2 hands, fingers, left or right hand, behind the back, under or between the legs.
- Hold **GrabBall** by a bungee cord tether and kick with the right foot, left foot, inside of foot, toe kick, outside of foot, right or left foot, sole of foot and heel of foot.
- Have someone hold or tie **GrabBall** to a line and the person touches or hits it with their finger, palm, knuckles, right or left hand, alternate hands or a combination of hands (2 right, 3 left).
- Hang **GrabBall** by a rope, from a rope or wire line, beam or other apparatus, such as a basket, and use as a target. Hang it from different heights, swing the ball so it becomes a moving target.
- Tie **GrabBall** to a rope and swing it around close to the ground, while participants jump over it as it goes by them. Swing **GrabBall** above their heads and participants duck as it moves close by and over them.
- Throw or kick **GrabBall** against a wall or pitch-back and catch or kick again on its return (add a SloMo™ Ball for substantial bounce).
- Add a SloMo™ Ball inside **GrabBall** and bounce it with the right hand, left hand, then both hands. Soccer dribble the ball and then kick it.

- Bat **GrabBall** off a batting tee or from a pitch.
- Throw **GrabBall** for accuracy and distance. Place **GrabBall** on a tee or cone and use it as a target by tossing objects at it to knock it off the tee.
- Shoot **GrabBall** into a basket, barrel, box or other containers or goals you create.
- Balance **GrabBall** on different body parts. Count the number of body parts that are successful in balancing the ball.
- Play music and, holding either 1 or 2 **GrabBalls**, move to the rhythm of the music.
- Use movement while manipulating the **GrabBall** and make up dance or movement routines.
- Throw **GrabBall** through targets such as Global Ball® Space Net (see Sportime catalog), hula hoops or kick through a Reccos™ Net (see Sportime catalog) or into soccer goals.
- Insert Noodles (foam rods – see Sportime catalog) into **GrabBalls**, connecting them to form an obstacle to move around.

Games And Activities

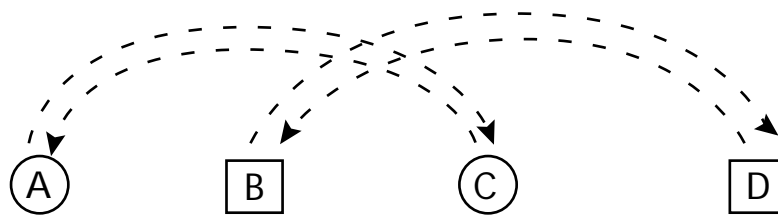
Five Star Juggling

- This is cooperative activity and takes teamwork.
- Five players form a circle. Player A begins by passing one ball to player B. B passes it on to C, C to D, D to E and E back to A.
- Once the players are familiar with the rotation and have practiced, have them try 2 **GrabBalls**. All play begins with player A. Later, add 3 for juggling. Even later, add a fourth and for “champion” level add a fifth ball. To make a very colorful presentation, use 5 of the 6 different-colored **GrabBalls**.
- If you have extra players, tell them to stand behind any one of the A through E players. After a player passes the ball, he or she rotates behind the line and a new person becomes a catcher and passer.



Popcorn

- This is a cooperative game and can be played by any even number of players. Twelve players using all 6 different-colored **GrabBalls** create an appealing presentation.
- Each player, in unison, launches the **GrabBall** up in the air 3 times in a row. On the fourth toss, the player passes it to their partner. Players continue this as long as possible.
- Use a variety of catches — one-handed, under-the-leg or with some sort of movement (Example: Turn around hopping during the routine).
- Have participants line up in a circle formation or a square.



Rainbow

- This is a great cooperative activity. The object of this activity is to see how large a rainbow 2 players can make without missing a return catch.
- Two players begin by standing approximately 6' apart. Player A launches the **GrabBall** towards player B to start play. The partner (player B) returns **GrabBall** to player A. If each player is successful in catching the ball, a full rainbow is created and both partners take one giant step backwards as they continue to launch and catch.
- Players continue until the rainbow becomes bigger, as long as no misses occur. If one of the players misses, both players must take one giant step closer to each other.
- Line player pairs along the gym and watch a number of rainbows develop.
- Later, have players try tossing 2 **GrabBalls** at a time.

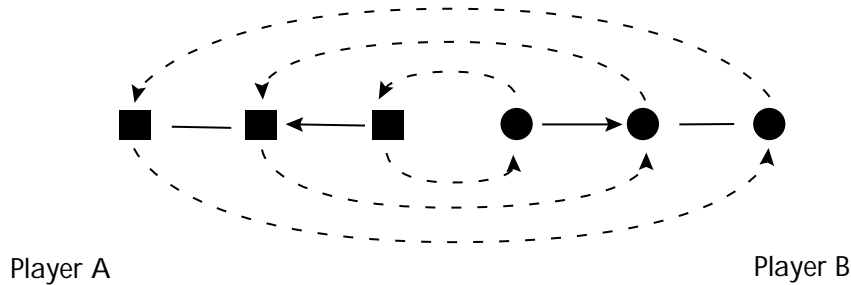
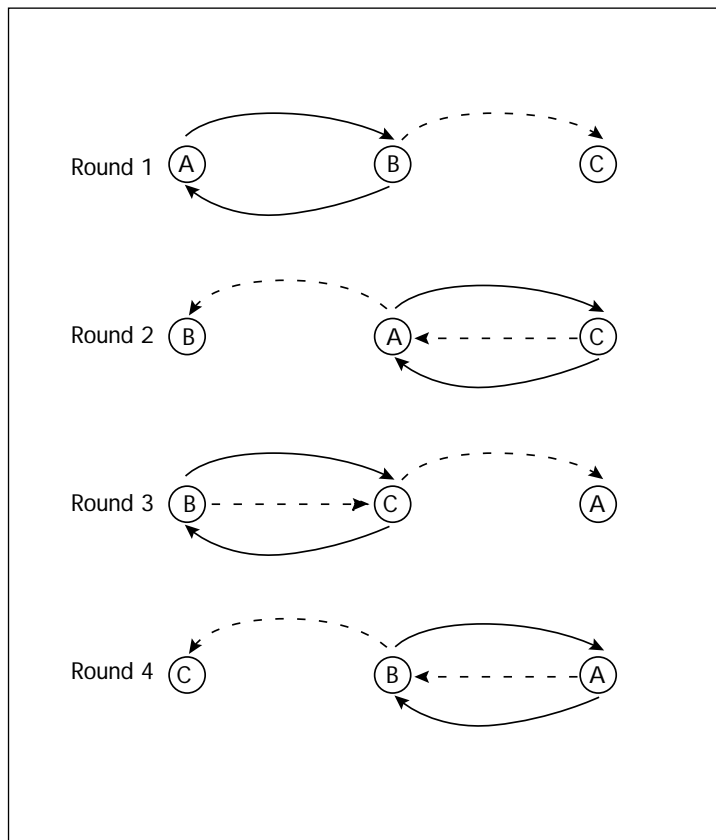


Figure 8

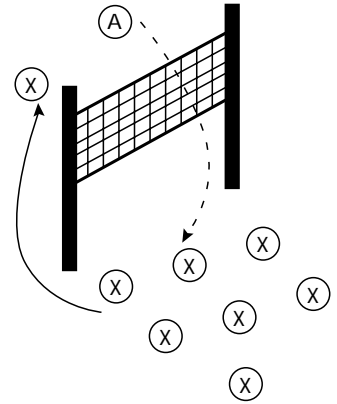
- This is a more challenging cooperative activity for students.
- Three players line up about 10' between each other. The player in the middle (player B) faces player A with their back to player C.
- Round 1 – see diagram: Play begins with player B passing the ball over his or her head to player C. After player B tosses the ball, he or she moves left to take player A's spot. Meanwhile, player A is moving to player B's spot in the middle.
- Round 2 – see diagram: Player C now passes forward to player A (who is in the middle) and moves left to take player A's spot. Player A passes the ball overhead to player B and takes player C's spot.
- Round 3 – see diagram: Player B now passes forward to player C (who is in the middle) and moves left to take player C's spot, while player C passes the ball overhead to player A.
- At this point, players have shuffled their positions from A-B-C to C-B-A.

Note: The player who is standing in the middle with the ball always throws overhead behind him or herself. Players on both ends always face the middle. Remind players that they are to always move forward in the direction they are facing, not necessarily the way they are tossing the ball.



Shuffle The Deck

- The object of this activity is to see if a team can exchange sides once completely without missing, or exchange as many times as possible without missing.
- Play begins with player A on one side of the net and all other players on the other side. Player A starts play by throwing the **GrabBall** over the net and as it approaches, the players on the opposite side attempt to catch it and pass it back. If successful, the player that caught the ball and threw it back joins player A on the opposite side of the net.
- This action continues until only 1 player is left on the opposite side of the net, completing 1 “shuffle of the deck.”
- Repeat this process as long as possible without a miss.

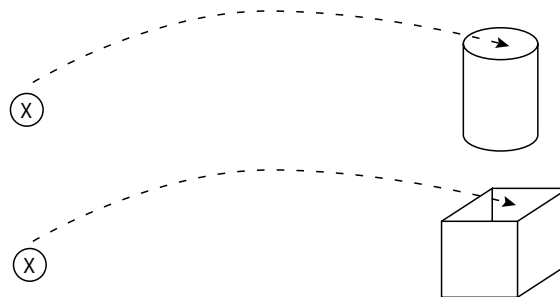


Gunny Sack Pogo

- This game is played like volleyball, except, with the **GrabBall**, players throw and catch over the net.
- Players are attached in pairs with one leg in a “gunny sack” (a large plastic garbage bag). They may also be attached by hooking arms or holding hands, anything that puts them together to move as one.
- The object of the game is to toss and catch the **GrabBall** over the net until someone misses.
- Teams score the same as in volleyball.

Barrel Of Fun

- Set 1 or more containers at any distance you think appropriate.
- Use a designated launch (throw/toss) area and see how many of the players can land the **GrabBall** in the container.
- Play individual or develop teams.



Twenty-One

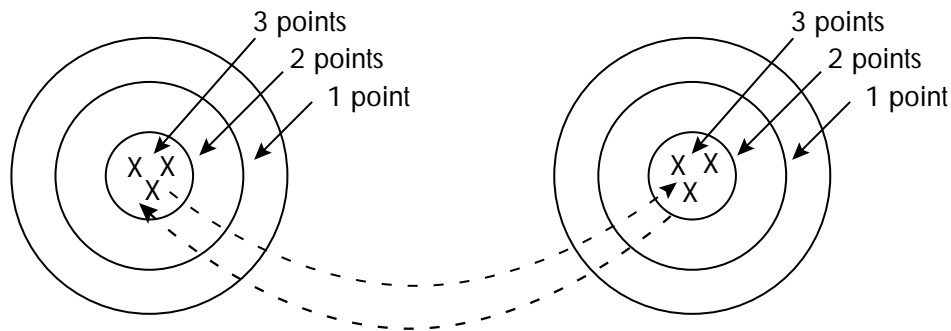
- Players position themselves apart from each other in a designated play area such as a 6' square.
- The **GrabBall** is launched between players in an arched flight pattern.
- The following points are scored:
 - 1 point for any regular catch.
 - 2 points for any catch under or between the legs.
 - 3 points for any catch behind the back.
- The first player to get 21 points (with a lead of at least 2 points) wins.

Moon Golf

- Set out 1 to 9 “craters” (barrels) around the field or gymnasium in a designated layout.
- Each player keeps track of how many launches or throws of the **GrabBall** it takes for him or her to score on each crater hole.
- Total the number of launches from each hole. That is their moon golf score.
- You can give each hole (crater) a par number if you wish.
- You can play the game individually or with partners and add scores together against other partners.

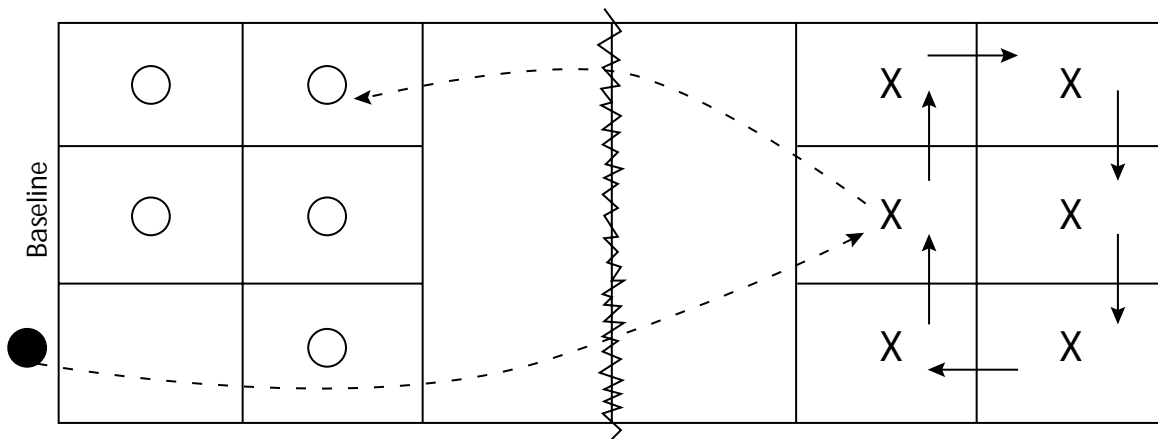
Saturn Rings

- Map out 2 “Saturn Rings” an appropriate distance apart from each other, according to your students’ skill level. Make the radius of the inner ring 10’ to 15’. This is the “planet.”
- Two teams, equal in number, occupy the inner ring of the Saturn planet.
- Map out 2 other rings that will encircle the planet and are called the middle ring and outer ring (see diagram). Planets and rings for both teams should be equidistant.
- The planet has a value of 3 points, the inner ring a value of 2 points and the outer ring a value of 1 point.
- Play begins with a player from one planet launching the **GrabBall** towards the other planet. If caught, the **GrabBall**, is tossed back to the opposing planet and points are scored. However, if that player misses, they move out to the ring closest to them. If a player were already on the planet, they would move to the inner ring. If they were on the outer ring they would stay there.
- If a player is already on the outer ring and catches the **GrabBall**, he or she scores 1 point, and may then move inward to the inner ring. If he or she is in the inner ring when catching, then they may move onto the planet.
- Players are never put out of the game, they simply move around based on their catches and misses.
- At the end of the designated time period (5 to 8 minutes), stop play and add up the scores of each player. The team with the highest combined score total wins.
- Players must stay within their ring or planet when catching the **GrabBall**.
- Option: Use more than one **GrabBall** at a time.



Solar Launch

- Divide students into 2 teams of 6 players each and place them in the designated areas of the court (see diagram).
- One team begins play with an underhand toss from behind the baseline.
- Once the **GrabBall** is in play, the opponents catch and return the **GrabBall** as often as they can.
Note: On the return launch, players rotate clockwise.
- If the ball is missed, it is a point for the serving team. If the serving team misses, it is the other team’s point.
- Teams take turns serving as often as you choose (after each point, after 2 points, etc.)
- The game is played to 15 points and the winner must be ahead by at least 2 points.



Dance And Rhythm Routines

- While manipulating **GrabBall** and blending locomotor and nonlocomotor actions during this activity, students are increasing their sense of rhythm and creativity.
- Play the music of your choice and instruct students to move freely or to a specific routine with their **GrabBall**. Students have a fun time performing various dance routines, aerobic exercises and expressive movements.
- When working with 2 or more **GrabBalls**, the bright colors of the balls moving in and around the body in various rhythm patterns are visually intriguing.
- Blend locomotor and nonlocomotor movements and make up your own routines.
- Nonlocomotor movements: Supine, kneeling, balancing, bending, sitting and twisting combinations.
- Locomotor: Skipping, hopping, sliding, walking, running, galloping, jumping, leaping, marching and dancing.
- **GrabBall** is also a hit with percussion, rebounders, unicycles, assemblies, demonstrations and adapted P. E.

Basketball Or Soccer GrabBall

- By fitting a SloMo™ Ball inside the **GrabBall** and then inflating it, the ball can provide a moderate bounce and is ideal for modified basketball or soccer.
- In basketball, because of the modified bounce, you may allow double dribbles and air dribbles, as well as passes to other players.
- There are no rule modifications needed for soccer. Enjoy the game!

Bowling

- Again, you must inflate a SloMo™ Ball inside the **GrabBall** for a moderate bounce.
- You now have a great bowling ball that will easily knock down a set of 10 weighted plastic pins.

Aquatics

- Use **GrabBall** in the pool for tossing and catching. Note: If **GrabBall** is missed, it will begin to sink immediately and the player will have to go underwater to retrieve it.
- Let the **GrabBall** sink to the bottom and have a swimmer go down and retrieve it. Use a variety of different-colored **GrabBalls** and have students dive for a specific color.
- Insert a SloMo Ball inside the **GrabBall** and inflate. You now have a pool ball for shooting baskets or volleyball.
*Option: Inflate a double balloon to make **GrabBall** float.*
- Insert Noodles (foam rods – see Sportime catalog) used in pools/water into **GrabBalls** to form different shapes, rafts, etc.

Floor Hockey

- With a stick, students can play regular floor hockey. Note: players must use the side of the blade, not the end of the blade (where the ball can be caught through one of its holes and flicked away).
- Insert a SloMo™ Ball inside the **GrabBall** and inflate. Students can play with their feet, kicking the **GrabBall** like they would in soccer toward the designated goal.
*Note: Make sure the **GrabBall** has an inflated SloMo Ball inside before play begins, otherwise feet can get caught in the ball's holes and create a risk of injury.*



©2000 Sportime, LLC • Atlanta, GA • USA 30340 • All rights reserved.
Customer Service **1-800-444-5700** or **1-770-449-5700**
Or reach us via e-mail at: customer.service@sportime.com

1-YEAR GUARANTEE OF SATISFACTION