



Camp Games (ages 6-14)

Activity Reference Guide



Tower Smash Golf Relay Race

Purpose: Fun, Teamwork, Strategy, Agility

Equipment: Hula Hoops, sports balls (dodgeball, soccer ball, football, kickball, frisbee)

Set Up: Set-up us a Hula Hoop Tower on one side of the play area. Place 2 colored spots on the other side of the field to mark the team lines. Coach needs to have a cart or bag with 2 of each sports ball (dodgeball, soccer ball, football, javelin, baseball/softball, frisbee)



Execution:

- Practice – Sports Skills (kicking/throwing for power), strategy, rules, scoring.
- Have each team line-up in a single file line behind their starting spot.
- Coach assigns the first player in line the sports ball for that hole (i.e. dodgeball).
- On the coaches whistle, both players throw the dodgeball as far as they can. They then run back and tag the next person in line who is standing on the team starting spot. That player then runs down, grabs the ball where it lies, and throws it once again towards the tower.
- This continues until one of the teams knocks down the tower. That teams is rewarded 1-point. The coach moves the starting sports and swaps in a new ball (i.e. football).
- Players play again with the new ball from the new starting spot.
- Reinforce skills, strategy, score, and storyline.
- Continue as time permits.



Camp Games (ages 6-14)

Activity Reference Guide



- Record the final score from all rounds.
- Have teams demonstrate RESPECTING THE ROOTS!