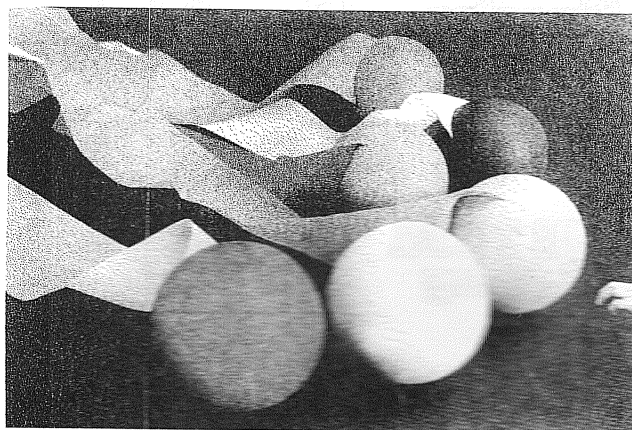


## TailBalls™ Activity Guide

Written by Alain Pollin



### Games & Activities

#### Pitch & Catch

**Equipment:**

- 2 Sets of TailBalls
- Volleyball or badminton net

**Organization:**

2 teams. Assign a color to each team.

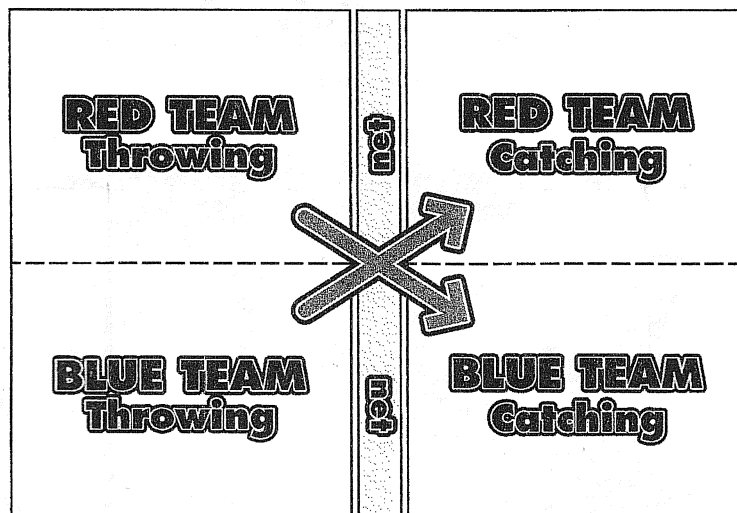
**Location:**

You can play in the gym, schoolyard, playground, etc.

**Game Play:**

- For each team, designate a group of pitchers and a group of catchers.
- On signal, pitchers (standing in Zone 2) throw their team's TailBalls over the net and into the catching zones (Zone 1) of the opposite team. That is, the blue pitcher throws into the red team's catching zone, and vice versa.
- Catchers attempt to catch the TailBalls before they hit the ground. Once they land, they may not be picked up. When caught, catchers pass the TailBall back to the opposite team's pitchers, who are standing in Zone 2. (Allow younger students to pick the missed/dropped TailBalls off the ground and return them.)
- Catchers want to protect their zones ... the goal is to not let the opposite team's balls land in your zone.
- After a pre-determined amount of time (7 to 10 minutes), stop the game. Count the number of TailBalls remaining in each team's catching zone. The team with the fewest TailBalls in their catching zone is declared the winner.
- Rotate in a new pitchers from the catching ranks, and start a new round. Perhaps, play best 3 out of 4 rounds.
- As a variation for younger students, pretend the TailBalls are miniature comets falling from the sky. The catchers, then, are protectors of Earth (their respective catching zones) who must prevent the comets from striking the ground and causing great damage.

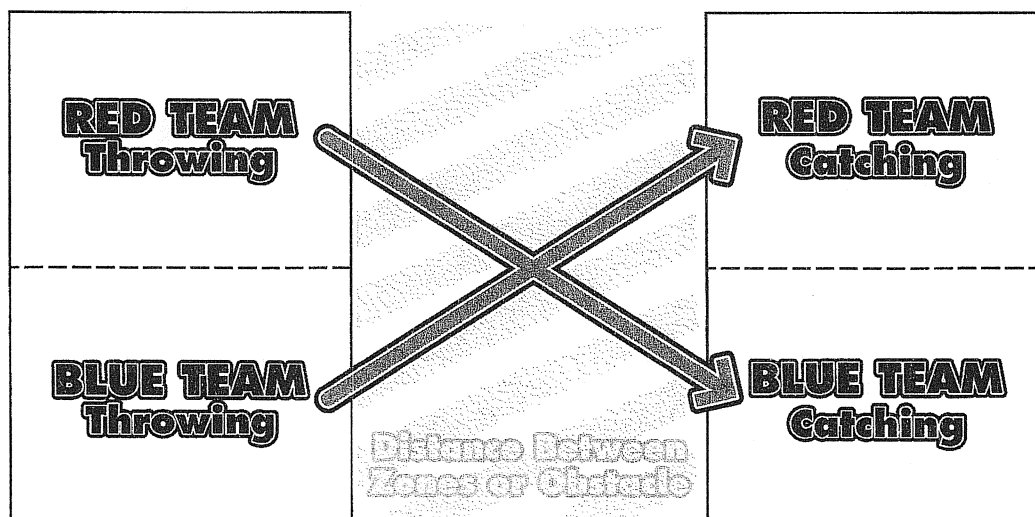
**(Pitch & Catch play diagram)**



**Variations:**

Instead of a net, move the teams apart for a distance challenge.

**(Pitch & Catch alternate play diagram)**



Distance should be determined based on the ability of the class.  
Substitute a net or other obstacle to throw TailBalls over when space is limited.

## **CometBall**

### **Equipment:**

- Volleyball or badminton net
- 1 TailBall Per Group
- Cones

### **Organization:**

1 Class Divided into Groups of 2 or 4

### **Location:**

You can play in the gym, schoolyard, playground, etc.

### **Game Play :**

- The game is played much like volleyball or badminton, except the TailBall (or comet) is thrown and caught.
- The comet must be thrown above head level.
- To serve, the server throws the comet over the net or line. If it hits the ground on the other team's side, in bounds, the server's team scores a point and continues to serve. Or, if the comet hits a player and then goes out of bounds, a point is also scored.
- The other team attempts to field the serve by catching the comet. Upon catching the comet, the player returns it by tossing it back over the line/net. The non-serving team earns the serve — and the opportunity to score points — when it returns the comet and it lands on the ground/floor on the serving team's side.
- Only the serving team can score a point.
- The comet is declared out of play if it fails to cross the net/line, lands out of the court, or hits the ceiling. A comet that lands on a line is in bounds.
- The first team to reach 11 points wins. A point is counted when a comet, tossed by the serving team, touches the ground in the other team's playing area.
- Serving rules are the same as in volleyball or badminton.

### **Variations:**

For an added challenge, stipulate that the comet must be caught by the ball end only, or the tail end only. If teams are lopsided, you may want to even the odds by having the more skilled team catch the comet by only the ball or tail end, while the other team can use any part of the ball.

You may use a regulation badminton court, volleyball court, or a court of your own design.

## The Forbidden Zone

### Equipment:

- TailBalls in 2 Colors, 1 For Each Player
- Cones

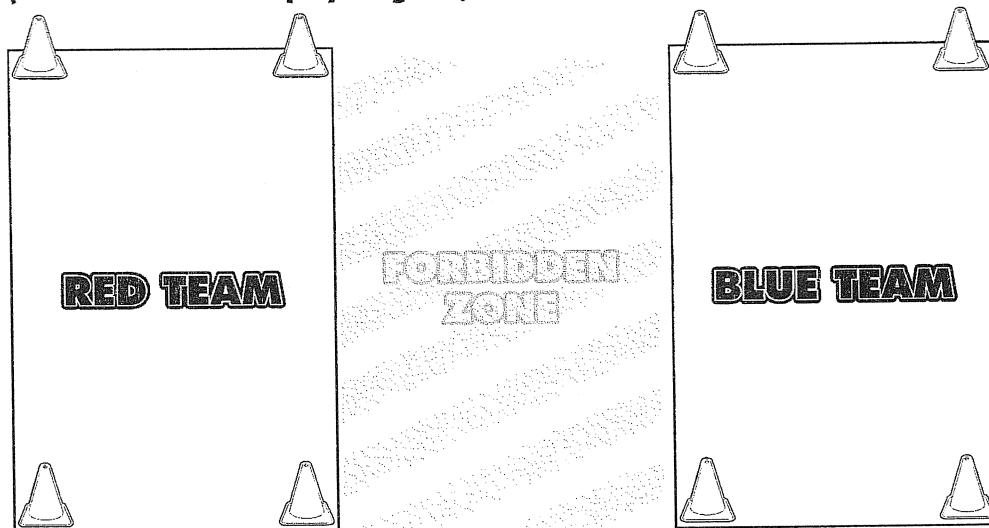
### Organization:

- 2 Teams (Red and Blue)
- Cones to Indicate 'The Forbidden Zone'

### Rules:

- Establish a Forbidden Zone between the two teams (sides). Balls and players must stay out of this area.
- Each team attempts to throw their TailBalls over The Forbidden Zone and into the other team's area. TailBalls must fly above The Forbidden Zone, and fall behind it, on the opposition's side.
- The opposite team attempts to catch the balls that are thrown to their side. Balls that hit the ground, or land in The Forbidden Zone, must be left alone.
- Upon catching a TailBall, the catcher returns the TailBall to the other side and, again, players from that said must attempt to keep the TailBall from hitting the ground.
- Play for 7-10 minutes, or until no balls are active (they've all landed). Count the Tailballs on each side of The Forbidden Zone. The team with the fewest TailBalls on its side is declared the winner.

(The Forbidden Zone play diagram)



## Burning Comets

### Equipment:

- Cones
- TailBalls For Every Player
- Volleyball or badminton net

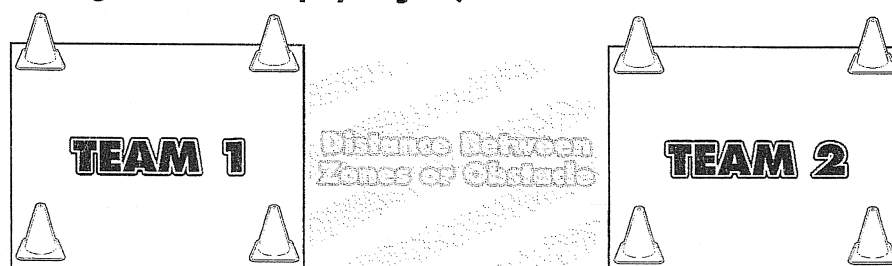
### Organization:

Split into two or four equal groups.

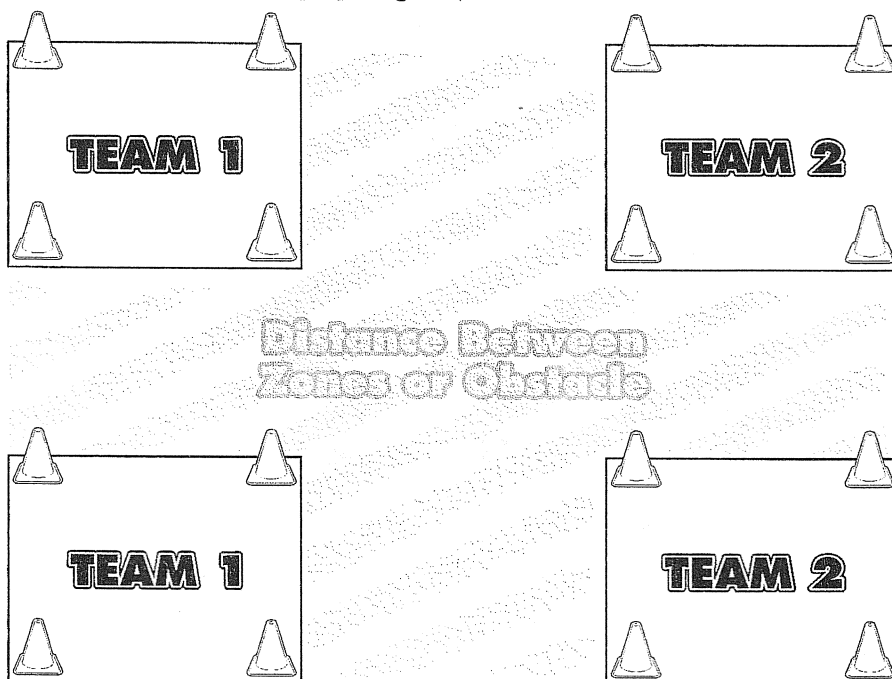
### Game Play:

- Set up a field of play with the cones. If you have two groups, establish two areas, one each on opposite sides of the net. If you have four groups, create two areas on each side.
- Each player gets a TailBall (comet).
- On signal, everybody throws a comet over the net into the area of another team. As comets come into a team's area, players must attempt to catch them before they land. Once they land, the comets may not be picked up.
- Upon catching a comet, the catching player may toss that comet over the net to another team. The object is to land comets in another team's area while preventing them from landing in your own zone.
- After 7-10 minutes, stop play. In a two-team or four-team game, the team with the fewest comets resting on the ground in its zone is declared the winner. Or, as a variation of the four-team game, the team with the most comets on the ground in their area is eliminated, and the three remaining teams play another round to get down to just two teams, and then those two teams go head-to-head to determine a winner.

(Burning Comets 2-team play diagram)



(Burning Comets 4-team play diagram)



## Push 'Em Back !

### Location:

You can play in the gym, schoolyard, field, etc.

### Organization:

Divide students into teams. Each pupil receives a letter of the alphabet to designate the order in which they will throw or catch.

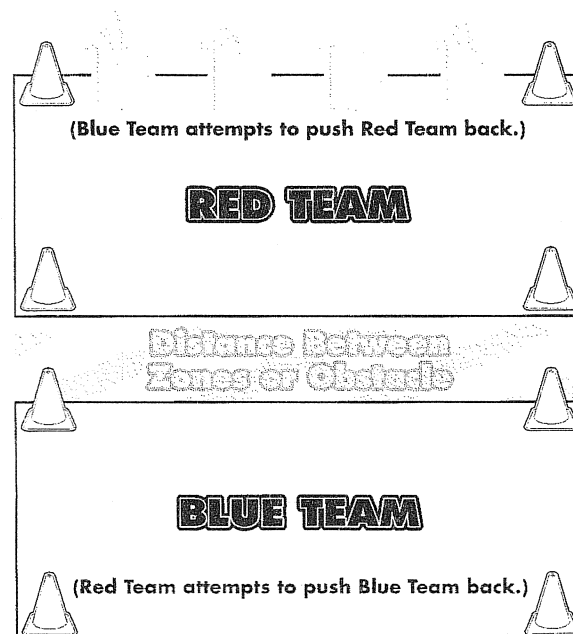
### Equipment:

- Volleyball or badminton net
- 1 TailBall For Each Group
- Cones

### Game Play:

- Choose a team to start the game. Perhaps have each team designate a thrower, have them toss a TailBall at a target, and the team whose thrower comes closest begins the game.
- Player A of Team 1 throws the TailBall to Player A of Team 2 across the net. While the pass must be catchable, the object is to move the catching player back away from the net a bit.
- When Player A of Team 2 catches the TailBall, play resumes from the spot of the catch. No moving closer! He/she throws the ball back across the net to Player B of Team 1. Again, the throw must be catchable, but the goal is to move the catching player back from the net.
- Upon catching the TailBall, from the spot of the catch, Player B of Team 1 must toss the TailBall to Player B of Team 2, trying to move that player back.
- If a player drops the TailBall, play resumes from the spot where the ball was last touched by the catcher. Five dropped passes results in a loss for the team. Similarly, throwing five uncatchable passes results in a loss for the throwing team. If it's unclear whether a pass was dropped or uncatchable, it's simply a do-over.
- The team that manages to push the other team back so far that they can no longer throw the TailBall over the net is declared the winner, provided five drops or uncatchable passes do not occur first.
- Or, play for a predetermined amount of time, and the team with the lowest total of drops and uncatchable passes at time's end is declared the winner.

(Push'Em Back play diagram)



## In The Zone

### Location:

Play in a gym, schoolyard, field, etc.

### Equipment:

- 1 TailBall For Each Group
- Cones to Create Zones (Or Use Lines on a Football Field)

### Organization:

Two teams of 2-12 players each.

### Objective:

Land the TailBall in the opposition's zone.

### Game Play:

- The TailBall must fall in a zone to score points. Earn 1-5 points depending on difficulty.
- Each team designates a thrower, and the remaining members act as catchers.
- Thrower from Team 1 must throw from Team 1's throw zone into one of the five point zones of the opposition; likewise, the thrower from Team 2 must throw from Team 2's throw zone into one of the five point zones.
- If a Thrower's TailBall lands in a point zone, his/her team is awarded those points. Catchers return the TailBalls to the throwers.
- Play up to a pre-determined number of points (first team to meet/exceed those points is the winner), or for a specific time period (most points wins). As a variation, play up to a point total BUT require the teams earn exactly that number of points to win (no going over).

