

Aeroball

Session Guidelines

Aeroball

This is a highly competitive team sport that requires cooperation, coordination and ball skills in order to win.

- Focus on teamwork, competition, balance and control, ball skills
- Encourage different partnerships and team play

Warm up

Time: 20 minutes

Objective

The aim of the warm up is to ensure that all participants have mobilised their bodies and that they have stretched prior to taking part in the activity. Our recommended warm up for this activity is Monsters although you may use another one that you know.

Monsters

The group stand in a circle. The group must run on the spot shouting “scary feet” repeatedly. The group must then perform the following actions when they are called out by the group leader:

“Big scare” - participants shout “Ragh!”

“Little scare” - participants whisper “Ragh!”

“Kids awake” - participants must crouch and hide until they hear “kids asleep”

“Bunk beds” - participants must shout “Ragh!” and then jump and shout “Ragh!”

Feel free to make up your own scare types as a group and add them in.

Aeroball

Time: 20 minutes

Objective

Aeroball is a highly energetic team activity. Participants work in pairs to throw the balls into the opposite team’s goal.

How do we win?

Each pair competes by trying to throw the Aeroballs into the opposing team’s goal. The team that scores the most points wins an Aeroball victor point. At the end of the session, the team with the most Aeroball victor points wins the competition.

What do I do whilst not competing?

There are plenty of jobs to get involved with. All participants that are watching are actively involved in refereeing and ensuring goals do not go unnoticed. Someone must take the responsibility of recording the scores on the board provided and someone must ensure the competition starts and stops at the right time using the sand timer and bell. Those that are resting after a hard effort in the Aeroball area are encouraged to cheer and offer words of support to the other teams as they compete to win.

Safety rules

- Always remove shoes prior to entering the trampoline areas
- Check and sweep out the trampoline beds before they are used
- Only one person can enter each trampoline bed at a time
- Do not do flips, spins or somersaults
- Never land with your knees locked
- Never land with your back arched
- Games should not last more than 3 minutes without rest
- Ensure participants take regular breaks to take on fluids
- Report any defects in the Aeroball area

