

GOPHER

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Activity Instructions

Equipment

- 2 Flag Frenzy Ball. Goals
- 1 Flag Frenzy Ball.
- 24 Flag Frenzy Ball. Pinnies (12 Red and 12 Blue)

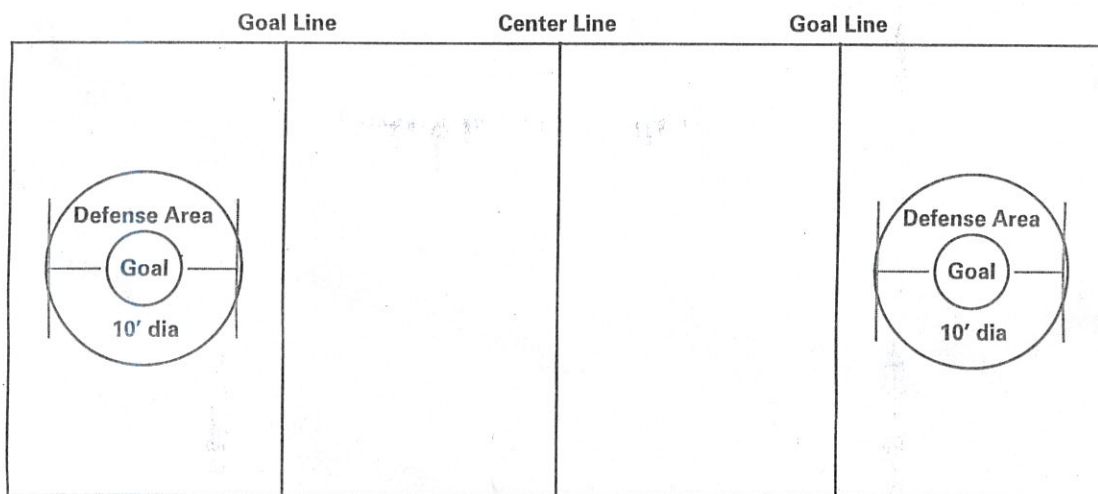
Objective

Be the first team to score 10 points or the team with the most points after the predetermined amount of time.

Directions

Setup.

- Court: Use the play area available; a basketball court indoors and a soccer field outdoors are recommended, but adjust the size based on the area available and the age of students. Create a 10' dia circle near each end line and place a goal in the center of each circle.



- Teams: Divide the class into 2 equal teams and designate each team a color by the appropriate pinnies. Each player starts the game with 3 matching flags attached to the back of their pinnie. Designate one team as offense and opposite team as defense.

Game Play.

- Both teams take their positions on the field. Offense will have possession of the ball and lines up along their goal line. Defense lines up along the center line. At the signal, offense puts the ball in play.
- Offense attempts to advance the ball towards defense's goal. Once a player has possession of the ball, they can only take 3 steps before they must pass the ball to a teammate. If players take more than 3 steps without passing, this is considered a turnover, the ball is dropped, and defense now has possession.
- Once the player who has possession of the ball get their flag pulled by defense, they must stop and drop the ball. This is considered a turnover and defense now has possession.
- Once a player's flag has been pulled, they should place it off the field of play in a designated area.
- If any player steps out of bounds, they must remove a flag. If an offensive player steps out of bounds, the ball is turned over.
- All players must have at least 1 flag on their pinnie in order to possess the ball and to score. Players that lose all 3 flags are still in the game but can only play defense.
- The circle around the goal can only be occupied by defense and the offense player in possession of the ball (please refer to diagram showing defensive area). When a point is scored, defense becomes offense and teams reset (offense at goal line with the ball and defense at center line).

Scoring. The first team to score 10 points or the team with the most points after the predetermined amount of time wins. Points are scored when the ball successfully makes it inside the goal. Point values are based on how the player scores:

- Player runs into the circle and throws the ball into the goal = 1 point.
- Player jumps from outside the circle, releasing the ball before touching down inside the circle, and throws the ball into the goal = 2 points.
- Player catches an alley-oop from a teammate = 3 points.

Options.

- Players are not limited to the number of steps they can take before passing to a teammate.
- The ball is not turned over when a player steps out of bounds.
- Defense must complete a predetermined exercise (jumping jacks, lap around the court, etc.) when a point is scored.
- Players can reattach flags after a turnover.
- For more of a frenzy, have 3 balls in play at once.