

Indoor Ball Games

We all know the importance of regular physical activity for our health, but it can be difficult to get motivated to go out and exercise when the days are shorter, the air is colder and all we want to do is stay inside and watch TV.

Staying active in the winter months is challenging, but it is just as important as in summer and can also be just as enjoyable. Why not clear some space in your home or classroom to try out some indoor activities? Indoor ball games can be a great alternative to sports outside when the weather is poor.

Ball games can be a fun activity that help to improve our coordination and timing, and can even make our muscles and bones stronger! Here are some indoor ball games for you to try.



Indoor Ball Game Ideas



Reverse Bowling

(1 or more players)

Equipment: Small ball, empty bottles

- › Arrange empty bottles in a hall or corridor in a staggered fashion.
- › Roll a medium-sized ball from one end of the hall to the other, trying to knock over as few bottles as possible.
- › The winner is the player who knocked over the least amount of bottles!

Stand-Still Dodge Ball

(3 or more players)

Equipment: Medium ball

When dodging a ball, you might automatically go to jump out of the way - not in this version!

- › Put a medium-sized ball in the centre of the circle of players.
- › Choose one player to start the game.
- › This player shouts out the name of another player.
- › The player who was called must grab the ball as soon as they can while others run away.
- › Once the player gets the ball, they shout "STOP!"
- › Every other player must stop moving!
- › The player with the ball must try to hit one person - they can take 2 steps in a single direction at most.
- › The targeted player cannot move or lift their feet while attempting to dodge the ball!
- › If a player gets hit, they become the next player with the ball.



laya Super troopers

Throw It, Catch It, Say It

(2 or more players)

Equipment: A ball of any size

Sometimes, a ball game can exercise not only your body, but your mind, too!

- › Form a circle of players.
- › Using a ball, players pass the ball to each other in the circle.
- › Whenever one player throws the ball to another, they must call out a category (e.g., fruit).
- › The player who catches the ball shouts out a word relevant to the category (e.g., banana), and then throws the ball to the next player, calling out a new category (e.g., sports).
- › In the example above, the next player to catch the ball might call out “rugby!”, and then shout “counties” as they throw the ball to another player.
- › Continue the game for as long as you can! Why not count how many different categories you get and then try and beat your score?



Airborne Ball

(2 or more players)

Equipment: A ball of any size size - even a balloon!

This game can be especially fun to play with a balloon as a ball!

- › All players stand in a circle.
- › Players must pass the ball to each other but are not allowed to catch it. The ball is not allowed to touch the ground or you must start again. A player can not touch the ball twice in a row.
- › Pass the ball or balloon to one another while keeping it in the air by any means possible - like kicking, heading or volleying the ball - whatever works!
- › It can be quite challenging to keep the ball from touching the floor! Everyone must be constantly vigilant.
- › Try to beat your score each time or make up some new rules - like you're not allowed to use your hands!



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