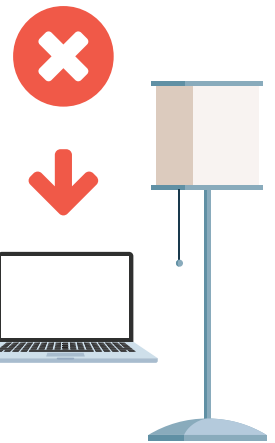
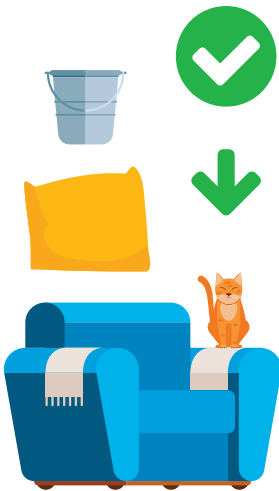


Active for Life Sock Ball Games

1. PREPARE YOUR PLAY AREA

Remove breakable objects such as lamps, electronics, flower vases, etc. The play area can be a bedroom, living room, or anywhere there is enough space to throw, catch or kick a ball and swing a simple bat. Objects like pillows, chairs, sofas and boxes can be used as goals or targets for some games.



2. MAKE A SOCK BALL

Roll and fold a pair of socks inside each other. For larger balls, use 3-4 pairs of socks, or use heavy adult-size work socks.



SOCCER

One player: Practice shooting on a “goal” (living room sofa, door opening, laundry hamper laid on its side).

Two or more players: Play a game 1-versus-1 or 2-versus-2 (use sofas, doorways, etc. as goals).

3. GET READY TO PLAY!

BASKETBALL

One player: Practice shooting on a “basket” (laundry hamper, small cardboard box, or other container turned upright).

Two or more players: Play 1-versus-1 or 2-versus-2 in a competitive shootout challenge. Take turns shooting from different distances. No blocking allowed.



BOWLING

Set up 6 empty milk cartons or plastic bottles as bowling “pins.”

One player: One child can play alone after a parent shows how to setup the bowling pins.

Two or more players: Play against each other in a competition.



THROW AND CATCH

Stand 3-5 metres apart and throw to each other.

Start with gentle underhand throws.

As throwing and catching improve: throw faster, throw overhand, and even try trick throws (throw from behind your back, under your legs, from behind your head, etc.).

DODGE BALL

Make two or three sock balls per person.

Players are allowed to pick up balls from opponents and throw back at them.

Players are only permitted to throw from their “home base” (sofa, bed, or other designated place).

No “elimination” when you are hit—keep playing.



BASEBALL BATTING

Use a cardboard tube, roll a newspaper with tape, or get a plastic vacuum cleaner pipe to use as a baseball bat.

Take turns pitching and batting the sock ball

With three or more players, extra players are “fielders” who try to catch the ball after it has been hit.

After 10 hits, change batters.

