

## CORNERSTONE 2016 RESOURCE

### Sports In A Blender, *Elective 1*

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<b>SUMMARY:</b>	Combining sports into one game and its importance to giving everyone a chance. - <i>Submitted by Yoni Shear</i>
<b>TOPICS:</b>	Communication Skills, Community Building, Dance and Movement, Group Dynamics, Sports & Games, Team Building, Teen Programs
<b>LEARNING OBJECTIVE:</b>	Participants will learn how to combine different sports in order to create entirely new games. This is done to "level the playing field" and create an environment where athletes with various abilities and skill sets all have an opportunity to shine.
<b>AUDIENCE:</b>	Both of the games can be used for any age for 20-35 people
<b>LENGTH:</b>	60-75 Minutes
<b>APPENDIXES:</b>	Yoni E1 Sports in a Blender
<b>MATERIALS:</b>	Source sheet (Yoni E1 Sports in a Blender)
<b>SETTING:</b>	Indoor gym

#### Session Description:

##### 1. SETTING THE SCENE:

Many times athletics and experiencing sports is something that scares a lot of campers. It's up to us to make sure that all campers get to have the same opportunities on the sports fields and combining sports is a great way to make that happen. Being creative, relying on various skills, and creating successful opportunities is something that has been happening for quite some time.

##### 2. READING THE SOURCE:

Shemot Chapter 18: Moshe and Yitro combination of judgment. Combining skills is something that has been done before. Moshe is trying to figure out how to judge over this new nation of people. His father in law, Yitro has an idea!

##### Questions:

- How does our text speak to the idea of Sports in a blender?
- Do you think this idea can actually happen in your camp?
  - Think of some roadblocks that you foresee at your camp and how to overcome them.
- What are other places in camp where this skill of combining skills comes into play and can be helpful?

##### 3. PLAYING THE GAMES: **MATBALL AND BBK**

##### **MATBALL**

A combination of kick ball, baseball, dodgeball (See the attached diagram for field set-up)

This game is to be played in a large indoor space. Participants are split into two teams.

Participants should set up the field in a normal baseball diamond (kickball set up), with a few exceptions. Instead of a small base, gymnastics mats are to be used for 1st, 2nd, and 3rd bases. "Home base" (not



## CORNERSTONE 2016 RESOURCE

plate) is a cone that should be set up parallel to 1st base. There is a pitcher who stands in the middle of the field (just like a normal pitcher would stand). The batters are in a line where home plate would typically be. However, home plate is made up of two cones set up about 5 feet apart. The pitcher rolls the ball and if the ball goes through the cones, without the batter kicking the ball the batter is out. If the batter fouls the ball and it goes behind them, the batter is out. If the ball is rolled and it either hits a cone or rolls outside of the cones, the batter gets a free walk to 1st base. Once on 1st base the runner does not have to advance to the next base. A team may gather as many participants on one base as they like. As soon as a participant steps off of a base, they MUST advance to the next base.

If a ball is kicked and it is caught in the air, the batter is NOT out. Participants must be hit with the ball (shoulders or lower) in order to be out. In addition, there are no “force-outs” at bases. In other words, a runner is not out if a participant steps on a base while holding the ball. The participant must be touched with the ball.

In order to score a run, a participant must round the bases 3 times before heading for the home cone. A participant who is on their 3rd time rounding the bases, must raise their hand in order to notify the team in the field. Failure to do this, results in that player having to round the bases again for a 4th time before running home.

A ball that is kicked and goes foul (does not enter the field of play) is considered a dead ball and the field and batter is re-set. Runners are permitted to steal bases at any time except during a foul kicked ball. Pitchers are permitted to fake a pitch in order to get a base runner to step off of a base and pitches can be stopped in mid-roll to get runners out.

With the exception of a foul kicked ball, the ball / game is always in play. Runners are permitted to run whenever they want. The more running (chaos) the better for the game. When a side has recorded 3 outs the sides switch from kicking team to fielding team.

### **BBK**

A combination of baseball, basketball, kickball (See the attached diagram for field set-up) This game is to be played on an outdoor basketball court. Participants are split into two teams. Cones are set up at the locations of where the halfcourt line and sidelines meet and a basketball is balanced on each cone. A pitcher rolls a kickball and the ball is kicked. The participant then runs to the first cone (1st base), picks up the basketball and dribbles the ball to the basket at the other end of the court and must score a basket (2nd base). Once the participant scores a basket, the participant runs to the other cone (3rd base), takes the ball off the cone and finally attempts to score a basket at the home basket (home plate).

While the participant is making their way around the court, the team in the field are trying to get the batter out. They must retrieve the ball that was kicked and get the ball to the first cone (1st base) and tag the base. Once the base is tagged, the ball is passed to (2nd base) where someone also tries to score a basket. Once the basket is scored, the ball is passed to the other cone (3rd base), and that base is tagged. Finally, the ball is passed to the home basket (home plate) and a basket is attempted to be scored.

If the team in the field gets the ball that was kicked to each base and scores both baskets before the player who kicked the ball does, the batter is out. If not, the batter scores a point for their team. When 3 outs are recorded, the teams switch sides.



## CORNERSTONE 2016 RESOURCE

BRINGING IT BACK HOME:

**Debrief on both games:**

- What were the pieces of the games that appealed to you?
- Were there aspects of the games that you would change when thinking about your specific camps?
- Brainstorm ideas of other pieces of your camps that could be put in a blender in order to make it more appealing to all participants.

### **Additional Notes for Bringing it Back to Camp:**

BBK could be played outside on a basketball court, but Matball works best with an indoor space. BBK can be modified to be played on a soccer field as well. Same rules apply, just different skills to be used!

### **APPENDIXES:**

#### **YONI E1 SPORTS IN A BLENDER**