

QuadBall™ Adapted Activity Guide

Written By John Drzewiecki And Janine Hradsky



Introduction

Just as tennis shoes of the past were basically just black or white, the game of H-O-R-S-E was played with a traditional basketball, and the person with all the letters was the loser. Welcome to the era of not only multi-colored shoes, but also non-traditional baskets, balls and letters, and where all players are winners. This guide contains games and activities that will help you and your students get the most from your **QuadBall**.

Activities

Horse-Frog-Hippo

This game is a modified version of H-O-R-S-E using animal beanbags from the **BeanBagZoo™**, the **Mosston QuadBall** system and a win-win attitude.

Age Use: For students in grades 2 through 8 (or through high school for students who enjoy the novelty of this game).

Objectives: To increase skills in concentration, spatial awareness and shooting accuracy; to foster a cooperative atmosphere and to create a fun atmosphere so students are encouraged to participate in physical activities with others.

Set-Up: Arrange one **QuadBall** Line 8 to 15 feet from each basket depending on the skill level of the group. Put 2 to 3 players, per team, at each basket. Each team has either a **BeanBagFrog™** or a **BeanBagHippo™** (or any other animal from the **BeanBagZoo**).

The Game: Players on each team take turns “shooting” their beanbag into the basket. When the first player makes the shot, they earn the first letter of the animal they are using and can advance to the next basket after the 2nd person shoots. If the 2nd person makes the shot, they also earn a letter and may move up to the next basket. The beanbag goes back to the first person, and the game continues.

Whenever the shot is missed, no letter is earned, and the animal goes to the next person. Play continues until all players have earned the letters in their animal. Shots may be taken from anywhere at each basket as long as all others can shoot safely and without interference.

Adaptations: For students with autism who have difficulty shooting the animal into the basket, try having them stand on **DomeMultimarkers™** or **Step-N-Stones™**. The increased pressure can sometimes facilitate a successful movement pattern. For students using wheelchairs, be sure to have their teammates seated in a chair, too.

Shooting Relay

Everyone loves a good relay, and there's nothing like the **Mosston QuadBall™** system to give the game a new 4-way twist.

Age Use: For mid elementary grades through high school.

Objectives: To increase eye-hand coordination, spatial awareness and agility.

Safety Suggestions: To play this game safely is to know the meaning of playing "heads up ball."

Set-Up: Arrange the **QuadBall** Lines in the **QuadBall** court layout system (green, blue, yellow, red lines at each basket). Assign equal numbers of players to each of the 4 teams and place those with higher skill levels at the 2 smaller baskets (red and yellow). A rebounder from each team stands under each of the 4 baskets.

The Game: On the signal to begin, the first person in each line shoots from behind the first (green) line until a basket is made. (The rebounder passes the ball back to the shooter.) When a basket is made, the shooter gets their own rebound, becomes the rebounder and then passes the ball to the next player in line as the previous rebounder goes to the end of the line. Play continues until all players have made a basket from the first green line. Players who have made the shot from the green line may keep taking shots and points can be scored for each basket made.

When all players in line have made a shot from the green line, the team advances to the blue line. Play continues until all have made a shot from the yellow line and, finally, the red line.

NOTE: For a faster game, each player takes only one shot and then rotates. Switch rebounders when players change to the next color line.

Rotation Ball

The nature of the **QuadBall** system invites players to shoot, shift and shoot again, while watching out for others. Here is an activity that builds in the incentive for players to shoot accurately and quickly, while getting a fun workout, too.

Age Use: For mid elementary through high school.

Objectives: To increase shooting skills, spatial awareness and agility.

Safety Suggestions: Remind students to watch out for others.

Set Up: Place the shooting lines into the Mosston **QuadBall** arrangement. Place a bin under each basket with the same number of balls per students in line.

The Game: On the signal to begin, the first student in each line runs up to get the ball and (carries or dribbles) the ball back to the first (green) line. The student shoots (and gets their own rebounds) until a basket is made. The student then rotates to the right and shoots from behind the same color (green) line, continuing around to the original basket. The student then steps back to the next line and continues rotating around whenever a basket is made. The next person in line may begin as soon as the first shooter rotates to the right.

Scooter QuadBall

Adding the element of "wheels" (and rackets) to the **QuadBall** system can equalize the playing field for some, and increase the challenge and add to the fun for everyone.

Age Use: For early childhood (use balloons, no rackets) through high school (can use the Checker Bat® Pro and different balls).

Objectives: To increase tracking skills, motor planning and spatial awareness, while exercising the legs using the scooters.

Safety Suggestions: Provide scooter safety instruction (no standing on scooters, no running with scooters and fingers must be kept away from the wheels). Include reminders to watch out for others. If rackets are used, tell students to watch out for swinging rackets. Have students be sure to hang on to the rackets firmly, especially when striking the balloons or balls.

Set Up: Early childhood through grade 3: Arrange players randomly around the 4 baskets. Give each student a scooter and a balloon. Grades 4 through 6: For small groups (up to 15), arrange students randomly around the baskets. Give each student a scooter and a Checker Bat Pro. Place a shallow bin containing a variety of balls (balloons, Shuttleballs®, BeanBagZoo animals, Softi™ Balls, etc.) under each basket.

For grades 7 through 12 and larger groups (grades 3 and up): Arrange students in equal teams behind one **QuadBall** line (8-15') at each of the four baskets. Place a bin with balls (see above) next to each of the 4 starting lines.

The Games: Early childhood through grade 3: On the signal to begin, students on scooters may tap their balloon using their hand, and any balloon they "rebound," up into the baskets.

Grades 1-3: Score one point for each basket. Remind students to stay on their scooters, even when rebounding and chasing the balloons.

Grades 4 through 6: On the signal to begin, students on scooters and using the Checker Bat Pros try to hit any of the various balls from their bins, one at a time, into the baskets. Score one point for each basket made. Assign different point values to different balls or have students do this (i.e., higher values assigned to the balls that are more difficult to hit into the baskets). Remind students to stay on their scooters even when rebounding and chasing the balls.

Grades 7 through 12 and larger groups (grades 3 and up): On the signal to begin, the first person in each line tries to tap a balloon into their basket using the Checker Bat Pro. Whether they make or miss the basket, they must roll to the end of the line as the next person rebounds the balloon and takes a turn. Points are scored for each basket made during a time frame designated by the teacher. Different “rounds” can be played with all teams using the same item from their bin for each round of play.

Chaseball

What could be more fun and gamelike than shooting to the QuadBall™ baskets? Chasing people while being chased and trying to make a basket!

Age Use: Primarily for mid to upper elementary grades, but can be used through high school.

Objectives: This innovative equipment gives students of varying ability levels, including students using wheelchairs, opportunities to sharpen their skills in shooting, passing, catching (optional: dribbling) and their fitness abilities in speed and agility.

Safety Suggestions: In addition to reminding students to watch out for others, it is recommended that students be allowed to practice the game in slow motion prior to playing the game at full speed.

Set-Up: Put one . line 15' from each basket and divide students into equal teams. Put students with higher skill levels in the lines with the smaller hoops (red & yellow). One rebounder from each team stands under the basket. Give one basketball to the first person in each line.

The Game: On the signal to begin, the first person in each line takes one shot at their basket. If they make a basket, one point is scored. Whether a basket is made or not, the player who just took a shot at the basket chases the person to his/her right. (Rebounders get the balls and wait for the shooter to return back to his/her line.) Each time a player gets back to their original spot without being tagged, they receive the ball from the rebounder and take another shot and scores a point each time a basket is made.

As soon as someone gets tagged, an additional point is scored for the team of the tagger. The round is then over and points are added up for each team. The shooter and rebounder go to the end of the line and the next 2 players move up. To make the game more difficult, players may dribble the balls and try to steal them vs. running without the balls and tagging the player to their right.

Adaptations: When students using wheelchairs are shooting, others must shoot seated in a chair. During chasing, scooters or roller racers can be used. Students using wheelchairs may toss a soft ball at the player to his/her right instead of trying to tag the player.