

## Spider Ball™ Adapted Activity Guide

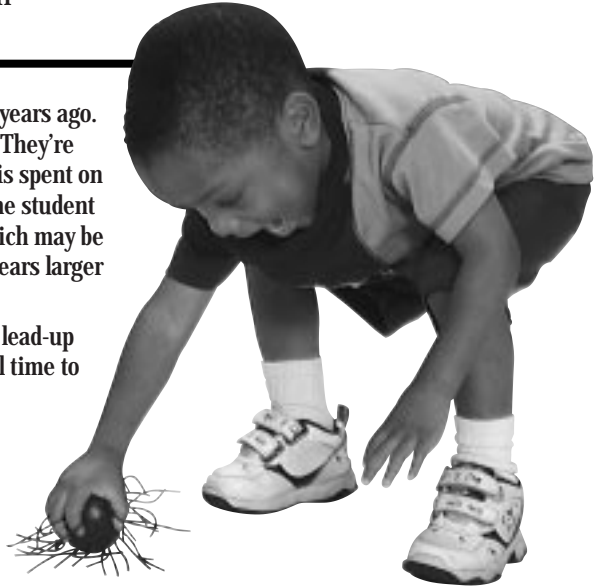
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### Introduction

As a physical educator I was thrilled when **Spider Balls** came out about 10 years ago. Here's a few of the reasons you, too, should be excited about **Spider Balls**. They're easy to use in a confined area because they won't roll to Timbuktu, so time is spent on task rather than chasing equipment. They're excellent for throwing. Even the student who has only a pincer grasp can throw this ball. Unlike many small balls which may be more difficult to catch than to throw, this one is good for 2 reasons 1) it appears larger than it is and 2) those little "legs" make catching easier.

The **Spider Ball** provides a great substitute for other balls when practicing lead-up skills. It moves and bounces just a little slower and gives students additional time to prepare or implement skill. Working on catching skills with a glove is more successful because 1) the ball appears larger 2) fits into glove well and 3) doesn't rebound as quickly as a baseball or softball.

You can use this **Spider Ball** in place of another ball for games you already use or make up games that are specific to **Spider Ball**. This guide is designed to help you and your students get the most from **Spider Ball** in an adapted environment.



### Games And Activities

#### Sink The Sub

The purpose is to throw a moving object and hit another moving object.

**Equipment** - Scooter with handles, 2 long jump ropes (licorice with loops at end), **Spider Balls** and a milk crate.

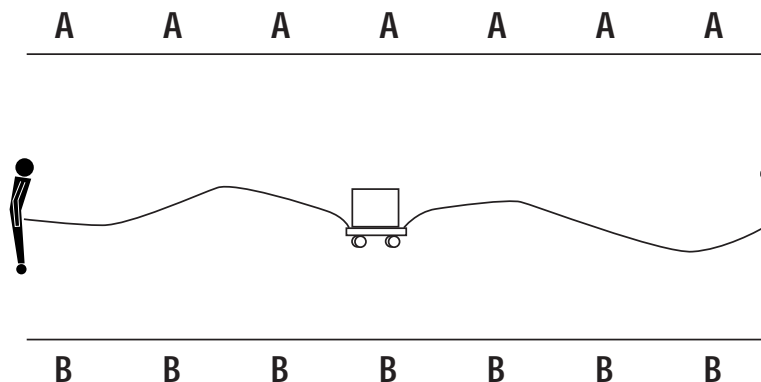
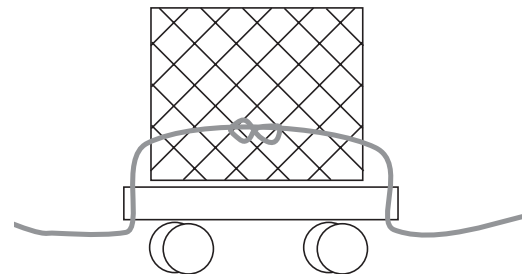
First place crate on scooter, run the ropes through holes at the bottom and through the scooter handles. Loop the 2 ropes together inside the crate. Voila! You have a submarine!

Divide class into 2 teams and have them line up facing each other on lines (or spots), about 20 feet apart. Each child has a **Spider Ball** (landmine) to throw at the submarine. Have 2 submarine captains (or teachers) grasp the ends of the ropes. They must pull the submarine back and forth in the channel (1x each direction) allowing enemy troops to try to sink the sub points - 1 for every **Spider Ball** that lands in the crate (submarine). The team who makes most points wins round.

Note: \*\*Vary speed of sub through the channel.

\*\*1 point for hit, 5 points for sinking sub (in the crate).

\*\*Swing the sub closer to student.



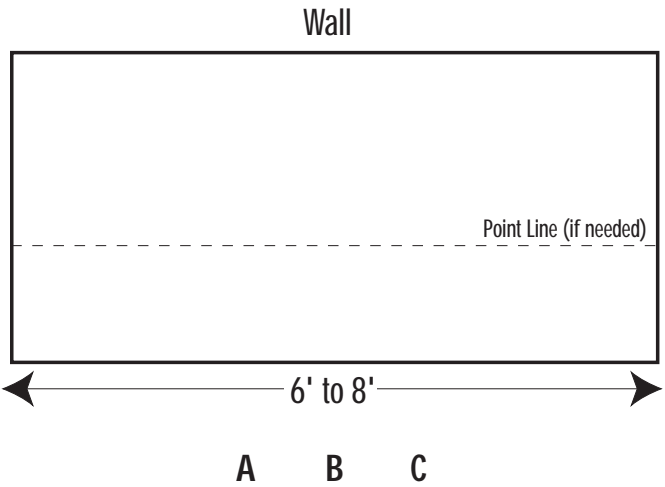
**Off The Wall Race**

The purpose of this game is the application of force to the ball, with rebound.

**Equipment** - Spider Balls™ and a marked-off court against the wall.

Two (or 3) students take their place behind line facing wall. Each throw spider ball against wall seeing who can get ball closest to finish line (just in front of player) without crossing line. A point is scored for the ball closest to the line. Continue until time is called.

Note: \*\* Use a table for students not able to move freely on floor.  
 \*\* Add a point line. Points are acquired if ball goes past this line and not over finish line.



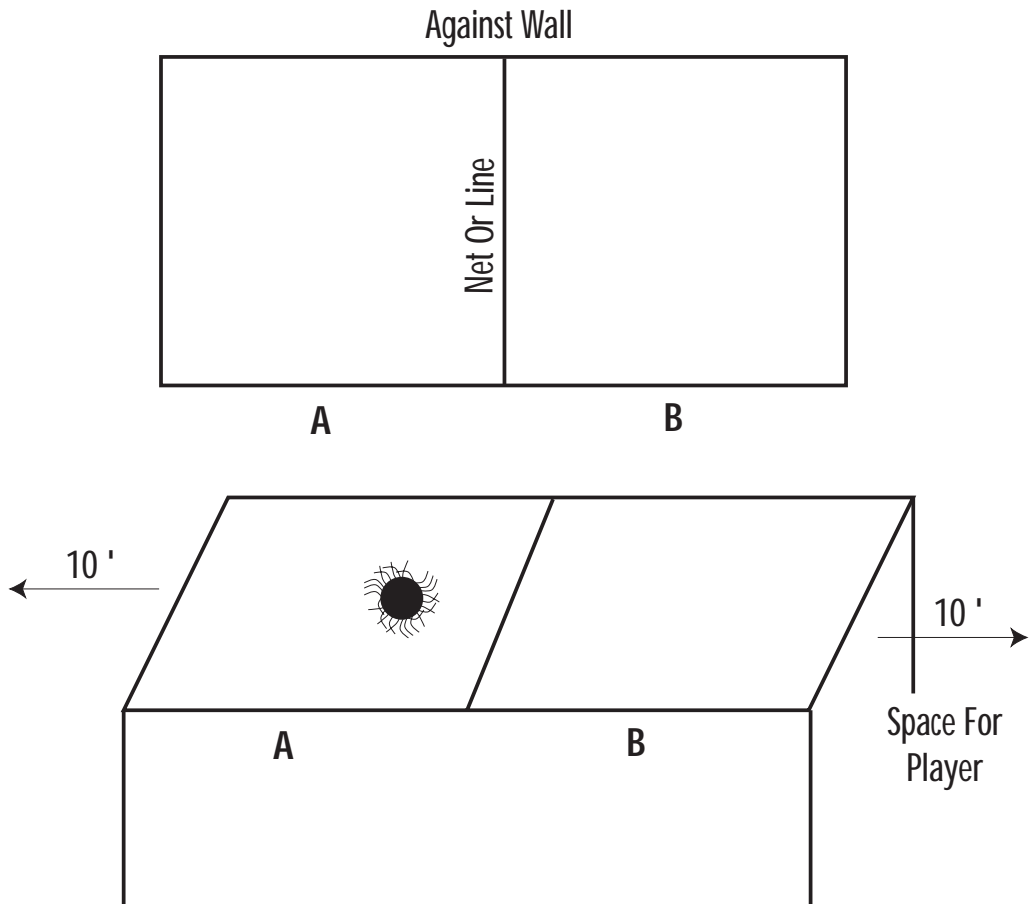
**2Square Table Tennis**

The purpose of this game is to lead up to table tennis and practice the use of the paddle with ball.

**Equipment** - long, cafeteria table without attached seats, paddles, Spider Ball (either size) and a smooth wall.

Net or line may divide table. Begin play by bouncing ball on table and hitting over net against wall. The ball must hit the court on both sides of net to be played. The ball not hitting table on opponent's side will count as a point for the receiving player. The player who reaches 5 first (by a lead of 2 points) wins. In case of a 4 to 5 game, play a tiebreaker (or rock/paper/scissors if time is a factor).

Note: \*\* Hang a bungee cord down middle of table, perpendicular to net about 7 to 8' in the air. Suspend the ball from the cord (key ring and string) with enough string so that ball can lay on table five more inches. The key ring will help ball move back and forth on the cord as it is hit. This will keep ball in play longer.



### ***Red Light, Green Light***

The purpose of this game is to practice control and proximity.

**Equipment** - the equipment depends on which sport skill you are teaching - soccer or hockey. You will need a **Spider Ball™** hockey stick for each student for hockey. No sticks are needed for soccer.

Have students spread out in teaching area (smooth surface works better). Each must dribble with control at GREEN LIGHT and stop ball at RED LIGHT.

Note: \*\* Increase the skill demand by having arches through which student must dribble ball during GREEN LIGHT (spots to hit over are effective also).

\*\* For students having difficulty processing the change from “go” to “stop,” precede RED LIGHT with 5-4-3-2-1. As they get better, reduce the numbers before cue or say them faster.

\*\* For higher skilled students, use a tennis ball, regulation soccer ball, puck, etc.

### ***Spider Ball Bocce***

Mark off playing area of about 5 to 6' by 15 to 20' (hallway is designed for this game). Use a smaller ball as a jack and give players 4 **Spider Balls** per team. Decide which team goes first (coin toss or rock/paper/scissors). A member of the team who won the throws out the jack and delivers the first **Spider Ball**. A player from the opposing team delivers a ball. The sequence of balls thrown (who throws what, when) is determined by which team's ball is closer to the jack.

The team has the option of rolling, bouncing, banking or throwing ball down the court provided it does not go out of bounds or the player does not violate the foul markers. Players may also hit an opponent's ball to knock them out of the way or decrease their points. In the case that the 2 closest balls belong to opposing teams and are tied. No points are awarded. A team gets a point for every ball closer to the jack than closest opponent's ball.

Note: \*\* Scoring may also be regulation.

\*\* The foul line is the back boundary line of the court.

\*\* Use 3" PVC cut in half lengthwise (about 4 to 5' long) as gutter to roll ball.

