

World Games for PE:

Paul Marlett

pbmarlett@cbe.ab.ca

www.paulmarlett.com

Don't let equipment hold you back.

Far too often in our modern life we stick to the standard games because that is the gear and equipment we have. In the west we are so privileged to have shiny new and perfect equipment for specific games we often neglect the novelty and creativity and improvisation of play in our programs...

Characteristics of Street Games:

- Have rules that often are strange and not expected
- Allow for some light hearted competition and, in a sense, a way to egg each other on...
- Cheap equipment or hand made equipment... this is really part of the fun. Who can make the best ball, bat... ect.
- Lend themselves to modification and improvisation
- Use tactics that are much deeper than initial playing seems to indicate

Street games have less structure, often more down time, definitely more time to chat with other players and joke around (be clear on what you expect)

Common Types:

- Challenge Games: One person at a time
- Chasing Games: All the types of tag, chase...
- Batting - Fielding Games

Here is some games to break that mold and help students appreciate that you need very little to make up a game... and some ideas on amazing games with rules very unlike our uber structured - logical and predictable games.

Like so many games, these all seem pretty basic and simple to play. But play them for more than a few days and you will see the beauty and complexity that evolves in the games, the nuances that start to linger in the mind and how to get around the rules and change tactics. Fakes, misleading movements or actions, calls to teams, secret plays..

Quince	3
Origins: Ambato Ecuador.....	3
Bete Ombro (Bet's or Taco)	6
Origins: Brasil.....	6
Oonch Neech Ka Papda	10
Origins: India.....	10
Kho Kho	12
Origins: India.....	12
Lagori / Pittu	15
Origins: India.....	15
Gilli Dandi (Dandi Biyo)	17
Lapta	20
Origins: Russia / England.....	20
Chungi	24
Ulu Maika	25
Double Ball	26

Quince

(15... but not really)

Origins: Ambato Ecuador

Thanks to my Mentor who grew up playing this game and making game balls in Ambato, Paul Garcia... by fluke he mentioned the game and I can't get enough of it. After much research, he discovered this version is only played in Ambato.

Background - Secret game of the city

This is a street and school yard game that evolved in the town of Ambato in Ecuador. After researching we cannot find evidence of this game being played anywhere else.

- VIDEO ON MAKING QUINCE BALL: <https://youtu.be/yQwWnZhDS30>

Equipment

- **Pelota (Ball):** Scrunch a rag (anything really, how tight you ball it makes all the difference - keep it a bit loose so the ball is nice on the hands... too tight and it is like hitting a cricket ball) and sew it into a ball like shape... now wrap it with knitting wool (again not too tight at the start), then sew the wool through it self to hold it together. Should be a around a racquet ball size. How tight the inner core is WILL DETERMINE how hard the ball is... Trust me, looser is better...should have some play in it... a hard ball HURTS when your opponent hits you with it from behind and your hands notice the difference.
- **Wall:** Any flat surface about 8 feet minimum will work, corners make it more like squash, natural obstacles change the bounce, higher is better, surface ground should be safe to move on.
 - You will need determine your playing area (again existing boundaries are best but can ish it as well - chalk is great). Need side boundaries (5 to 10 feet) and an bottom line about knee high from ground.

Harder the ball - bigger the bounce, more pain on the palm.

Playing Area

Establish the boundaries on the wall (no boundaries on the ground at all)

- Can be adjusted but should be at least 10 feet side to side (natural boundaries are great) and a low out line (like in squash) about knee height (but again, can shift due to what the wall has or the line drawn (chalk is great for this as well as is blue paint tape).
- Game can be played in an inverted corner and side boundaries placed along the sides.
- As teams get bigger, wall size may need to be adjusted

Serve

- Player who scores the point receives the serve (yes, you win the point, the other player serves... so eventually you serve to lose the game...)
- Serve is a throw, not a hit like the rest of the game.
 - Can be over hand, underhand, side arm, with spin...
 - If the serve is not acceptable (opponent cannot get it) the player declares...
 - **“Mala pelota”** (bad ball) is called and the server serves again
 - If three Mala pelota’s are called, point is scored

Scoring:

- First to 15 but win by 2 wins
- Both payers start at 5... first point scored is 6
 - (apparently it became a school yard game and there was not enough time to play from zero, so everyone starters with 5 points).
- After 10 points are scored, ANYTIME both players have the same score, the score returns to 10-10 (you can’t make this stuff up)
 - So... you must maintain a 2 point gap after 10 until you hit 15
 - Eg. Score is 11-12, a point is scored by the server, score is now 12-12. So score returns to 10-10! Must keep a 2+ gap to win.

Game Play

- Can take the ball off of one bounce or on the full (no bounce)
- There are no boundaries on the ground, so any angle shot is allowed.
- If retrieving a sharp angled shot, a SCOOP is permitted, but not a throw.
- Rolling, diving, sliding are necessary.
- Hands, feet, shoulders, knee... get it to the wall and the ball is still in the game.
- No throwing after the serve
- If opponent hits you with the ball because you are in their way (or close enough for it to be considered an accident), they get the point. No arguing this one. Part of the game.
- Start easy to warm up with a partner before playing full out... especially if your over 16 years old.

Teams:

- One on One
- Two on Two
- Three on Three
- Two on One for those players who are dominating the wall.

Skills

Server - throw it to the wall - spin servers, over hand, underhand.

Double handed fake.

Angle shots, set ups, drop shot, long, overhand, deception is the key.

Kicking the ball - such a great tool to practice when you cannot get to the wall fast enough

Passing shots (angled or above opponents head)

Scoop shot (important to amaze and wow opponents when they make a great angle shot)

Diving scoop - Risky, but fabulous when combined with a roll out

NOTE: Only amazing moves after initial warm up (especially for over 35's)

Bete Ombro (Bet's or Taco)

(Literally Bat)

Origins: Brasil

Until the school year starts, everyone wants to have fun, right? To spend all that energy and enjoy the school holidays a lot, we'll teach you how to play Bets! The game is quite popular in Brazil. It is called Taco in some regions and Bets in others. It is a non organized game that has been rejuvenated throughout the country and is played primarily on streets and fields. A cousin to cricket, it is face paced and with teams of two... no one stands around.

Full Street Game Play: <https://www.youtube.com/watch?v=JttZqMjbMVY>

Background - Street game with found equipment

It is a non-organized game that has been rejuvenated throughout the country and is played primarily on streets and fields. A cousin to cricket, it is face paced and with teams of two... no one stands around.

Equipment

Bola (Ball): Tennis ball, foam ball, even a quince ball works well, wiffle ball... really, what you have or can find... even a bunch of plastic bags wrapped around each other and tied with some twine works great. Something round that can be hit over and over and is relatively soft... no cricket balls or rocks.

Tacos (Bats) (2): Can be fancy or simple... most basic is a piece of 1 x 2 lumber sanded or carved down to have a slightly rounded handle (or not). Fancy can look like flat baseball bats, small cricket bats... all should be from reclaimed wood though and not totally finished. My favorites are from a piece of cherry wood I found in a dumpster that I cut into a long wedge shape with a rounded top. Sanding is nice, painting optional, grips a luxury. Thickness between 1 and 1.5 inches, Width between 2 - 3 inches, length from 18 inches to 32 inches... I love the two foot mark for students. Good to have lots of options. Also, have kids and parents make these for you... great weekend project.

Cainhas: This is the target or the wicket in cricket. Mine are between 5 and 10 inches (I prefer around 8 and are 1x1 lumber (found in dumpsters and in back allies) drilled and sanded and tied with chord. **OR** simply use a 500ml, 1L or 2L plastic bottle with 1 - 2 inches of water in it with a lid.

Chalk: If you have a great asphalt surface to play on, use chalk to make the house where the casinhas are placed (usually in a smaller circle to box at the back of the house). I play in a field and have used cones, string, a dot of some kind to keep the bat on... improvise and make it work.

4 jogadores
(duas duplas)



2 tacos



2 casinhas
(pequeno tripés ou
latas de alumínio)



1 bola pequena
de borracha (pode
ser de tênis)



giz para
desenhar
no chão



Playing Area

Establish the boundaries on the wall (no boundaries on the ground at all)

- The pairs must decide who starts with the Taco's in the attack and who starts with the ball in the defense. Traditionally with with a bat flip (often tosser would spit on one side and other team would call Wet or Dry. I prefer to put a sharpie Line or circle on one side to avoid the spit on my bats... but your call.
 - Starting the game in possession of the Taco is a great advantage, as the object of the game is to hit the ball to score points. Whoever has the ball needs to win the bats.
- The extension of the field is agreed between the teams, which may be, for example, 20 steps between one base and another. The bases are small circles drawn on the ground (or holes, hoops, rope circles...), where the players who are on the attack should keep the Taco's within and close to the "little houses" (small square in the back of the circle that the Cashina's stand in (can also be a 500ml bottle with a bit of water for stability).
- Note: with change in Taco's, etiquette suggests that the batting team places the taco's on the ground extending from the Casinhas for the next team to pick up.

Scoring:

- First team to 12... 24... 36... you choose really.
- I prefer to play for time AND put a run limit on the games per inning. For example, after 6 runs teams switch the Taco's.
- If you have a strong team and a less skilled team, let the less skilled team bowl from the casinhas and set up a further mark back for the strong team.

Teams:

- Two teams of two people each. Jogadoras (Players)
- Can add a Third but it really isn't as good... If you have an odd number, I would have them rotate through each round.
- Better yet, have three teams of 2 at a pitch and rotate through judge - bowler - batter.

Game Play

- The players occupy their respective places on the field: the bat team positions itself next to the houses. Your objective, in addition to defending the house, is to hit the ball away and run to change bases by crossing the sticks in the middle of the field, which means scoring a point.
 - If they don't cross Taco's... NO POINT!
- The attackers must always keep the tip of the bat inside the base, otherwise, the defense players can take advantage of the moment to knock down the house (in the base itself) and thus take over the Taco's! In order to be able to remove the bat from the base with peace of mind, the player must ask for
 - "Permissão para um" ... (permission for one)
- The members of the ball (defense), in turn, position themselves just behind the bases. One of them will start the game, throwing the ball against the house on the opposite side of the field – the objective is to knock it down and, with that, gain possession of the clubs.

Outs and Transitions

After a bowl, a few things can happen.

- The ball is hit forward: the batters run to change bases by crossing the sticks in the middle of the field (each change is worth one point), before the opponents recover the ball and approach the bases again.
- The ball is hit, but does not go beyond the opposite base: the pitcher has the right to throw again, this time from the place where the ball stopped.
- The hit is grazed and the ball flies behind the base: "1 backwards". When accumulating "3 backwards", the pair loses possession of the Taco's.
 - Um para trás
 - Dois para trás
 - Três para trás
- The ball is hit and is caught in the air by the defensive player: the pair automatically loses possession of the bat. (caught ball)
- The ball knocks down the house: the pair automatically loses possession of the cue.

- The ball touches the hitter who has the bat off the base at any time (even of a bowl): the pair automatically loses possession of the bat. (dodge ball style... yes you can throw it at them (safety teaching advised)
- The ball goes straight through the house and the hitter: the pitcher on the opposite side takes the ball and prepares to pitch against the other house. LUCKY SHOT.

Skills

- **Bowling:** Much easier than cricket as there are no rules... get it there on the full or with bounces and try to hit the Casinhas
- **Batting:** This may take some time as the ball can be high, on the ground, or in the middle. Some skill prep. is helpful.
- **Run Out:** Great tactical play and at the heart of every street game, a sneaky way to get opponents out... If their bat is lifted at any time, hit the Casinhas and they are out.



Oonch Neech Ka Papda

(Do you prefer up or down?)

<https://youtu.be/USL54g3lpKs>

The Chant or Song:

"oonch neech ka papda, oonch maangi neech."

- Denner: The one who is "it".
- Oonch - Neech : Up or Down

Origins: India

Background

Regional game that has two main variations... one that is easier to play in a gym filled with equipment or on a park, and one that is more free form to be played on a street or other area with obstacles or grates.

Equipment

In Gym: Floor Dots, Benches, Matts, wedge matts... any variety of things that can be used to run across, stepped on, jumped from one to the other.

Outdoors: Playground or area with paintings, grates, curbs...

Playing Area

- Establish the boundaries for the game ahead of play.
- Playing area can change between rounds.

Scoring:

If you are tagged, you become the Denner. No score, Just good old tag rules.

Game Play

Variation 1: Gym with equipment

- Once the Denner is chosen to start the game, everyone one else in the gym sings out
 - *"oonch neech ka papda, oonch maangi neech."*
 - The Denner ("tagger") Then responds with either Ooch, or Neech...
 - Ooch = UP

- Neech = Down
- Everyone starts running away from the Denner in the appropriate level (Ooch - on the equipment; Neech - on the floor).
- Both Denner and Players are either up or down.
- Regional variations for how long someone can stay standing still (2 - 10 seconds) before they become the Denner.
- Once someone is caught, they become the Denner and the chant starts up again.

Variation 2: Outdoors or Park

- Again starts with the Denner being chosen or volunteered...
- Version 1 Still applicable where by they play up or down.
- Variation 2 involves all players being safe only when their feet are off the playing ground (on a street this would be on curb, sewer grate, patch in the road, low fence, hanging from a tree ext.)
- The Denner can go anywhere without restrictions.
- Players have again up to 10 seconds to move to a new location.
- I have seen one where depending on the terrain, the Denner would stay up and the players would stay down, only being able to be tagged when they are up.

Kho Kho

(The Sound you make when you transfer the chase)

Origins: India

Video's

- https://youtu.be/y_ivtwNzon0
- Pro level: <https://youtu.be/ilkLeRgvgVI>
- Background: <https://khokhoskills.com/>

Background

Kho-kho has been played since at least the fourth century BC

Equipment

Once the field has been set up, only a stopwatch is required for play.

Playing Area

- A bit confusing to start... but once established gets much easier.
- Big thing to remember is players in boxes must alternate which way they face. Tape arrows can be helpful in the beginning.

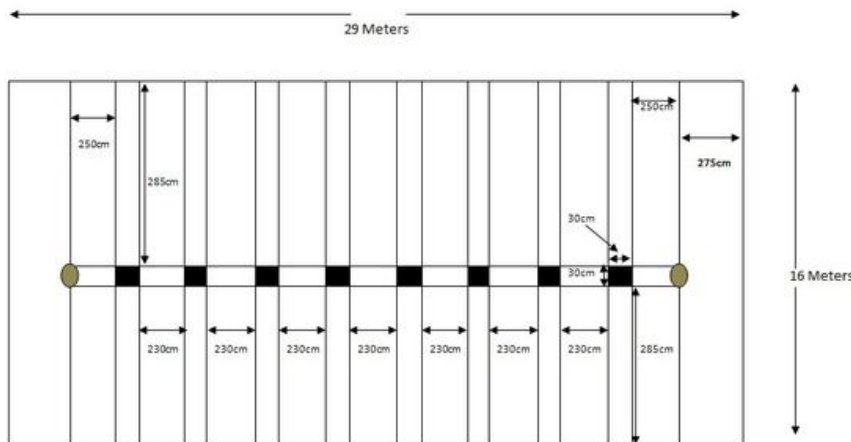
Scoring:

- Variation 1: Most number of players tagged out in two **9 minute** innings
- Variation 2: Fastest time to eliminate entire opposing team after two innings

Game Play

This is a crazy game an the tactical awareness takes a long time to develop... great for the chess players in the class.

- Teams draw or toss for who chooses who will chase first. Ideally 9 per side but this can be modified for more students if needed to an extent. Chasing team are offensive players
- Chasing team takes the field with 8 players squatting on the squares and one player holding the pole at the end.
- Defending Team (people running) send three players into the playing area.



- When game starts defenders can run anywhere in the playing field and try not to get tagged. Any tag will consist of that player leaving the playing field to join their team on sidelines.

- When all three of the original players are tagged, the next set of three

defenders enter the playing field. Play continues like this until the variation criteria are set (9 minutes or last player) and score/time is recorded

- **Chasing team has more restrictions.**

- **GIVING A KHO:** Chasers can only stand up and run when the active chaser touches their shoulder or back and says KHO! For the kho to be valid, it must be given before the active chaser has gone past the cross lane that the teammate is sitting within, with the sitting teammate not moving/rising before receiving the kho to
- Once a sitting chaser becomes active, they may only enter the half of the court which they were facing while they were sitting and can not cross the center line.
- Chasers can only tag and KHO a player facing the opposite direction from their playing half.
- **Once a chaser turns towards the left or right, they must continue in that direction until they give a KHO! Or they reach the free zone.**
 - This one is hard to figure out... older kids only really.
 - In the full game there are lanes a active chaser can travel down until they choose to run left or right... can do this in a gym by using lines where possible.
- Chasers can reach across center line but cannot cross it with feet
- Chasers can change sides of the playing field by going around the pole only in the free zone.

- **Infractions:**

- If an infraction occurs (whistle) active chaser must reverse direction and pass the Kho to another player
- Giving Kho - To early, to late
- Active Chaser starting to go right, then going left
- Chaser giving Kho runs past the player they were passing the Kho to.

Basic Skills

- Basic Skills required is running and chasing.
- It seems simple but once you start unraveling the onion, you will see the tactics and skills are endless... the more you play, the more intense the games get
 - The judgment of direction: How fast and attentive you are to know which direction you have to run.
 - Getting up from Square: Should be very quick in response to your teammates.
 - Running Skills: You should be fast, a single chain running, zig-zag running, straight running.
 - Team coordination: very fast calling of Kho given by team members and realizing if the signal was early Kho, late , fake , hurry Kho or it's a simple Kho.

Lagori / Pittu

(Seven Stones)

Origins: India

Video's

- <https://youtu.be/VKTGWIXYUNg?si=8CrtpEKC3QhvF8qn> full game is big..
- <https://youtu.be/UWhQYsEoYWQ?si=Mj-WYPyTukUy-qGx> - contained
- <https://www.pittu.org.in/images/pfirr.pdf> : Background
- <https://www.youtube.com/watch?v=2kYPEoTGT8g> : lagori with Dad

Background

The game Seven Stones, is one of the most ancient games of the [Indian subcontinent](#) whose history dates back to the Bhagwata Purana, a Hindu religious text that is claimed to be written 5000 years ago, which mentions Lord Krishna playing the game with his friends.

Equipment

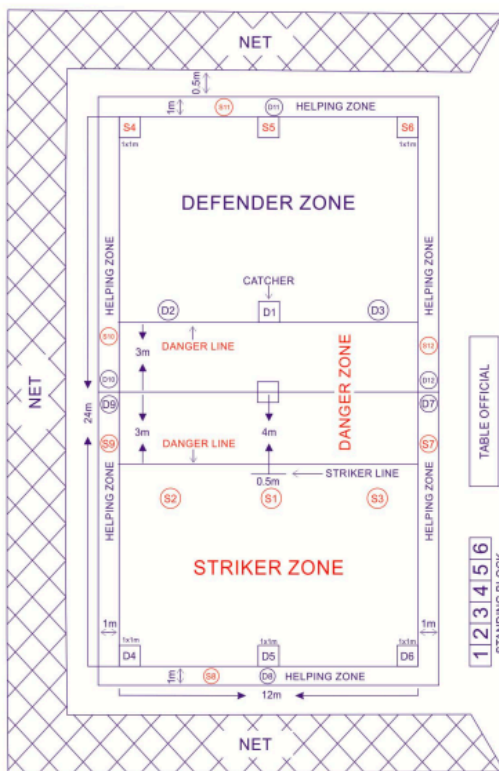
- Ball (small gator ball is best, but tennis balls would work if you trust your students to stay in control)
- Stones (marble tiles, flat stones, bean bags in a pinch, hockey pucks are awesome)

Playing Area

- Again two variations.
- Variation 1: Outdoor space - set boundaries or no boundaries
 - Circle in the center containing the stones stacked in a pile
- Variation 2: Competition Field
- As you can see it is much more structured as the game above.

Game Play

- Two teams of 6 take the floor.
- One team throws first.



- Three players are selected for the first round to get three attempts each to knock down the stones from a set distance away (volleyball courts work well, attack line to attack line).
- If they all miss, other team tries.
- If stones are hit, throwing team must attempt to re-stack the stones as quickly as possible. (regional variation outside - also draw three circles around the stones)
- However, other team will attempt to hit the stacking team below the knee before the stones are stacked. Player holding the ball **MUST NOT MOVE...** only throw or pass. If they hit, other team is out and possession changes.
- Regional Variation and better for outdoor play: If a stacking team member is hit below the knee, they are out but the rest of the team still keeps stacking.
- Note: In the competitive setting, one hit ends the turn. There are also three members of the opposing team in the striker zone who step in once the stones are knocked over. **AND**, those trying to hit stackers cannot throw from within the danger zone.
- Tactical... if playing outdoors, first move may be better for the entire team to scatter and one player from defending team (not stacking) stay close to the stack to get them out.
- Best games are when there is a limit on how long a defender can hold the ball before passing or throwing.
- Also, the 4 PASS RULE is great to give the striking team a chance to stack the rocks.

Scoring:

Is complicated... I would simplify the process at first to get the game skills building. To start, points for stacking or points to getting a player out.

In the full game there are points for hitting players and for getting the stack re-built...

I am still trying to figure it all out, but stacked one point, hit one point works as well.

Gilli Dandi (Dandi Biyo)

Youth Game: <https://youtu.be/EqE5E-8gPIk?si=CKdRX0bUmVxt6EZH>
https://youtu.be/CgSs3OvTnUQ?si=_758zgMYXCVQjRSU
<https://youtu.be/93fcHwRbzSk?si=G16CuNrFpB3BWdZH>

Rules: <https://kraftome.wordpress.com/2016/01/05/gilli-thanda-kittipulla/>

Objective:

The objective of Gilli Danda is to score points by hitting a small wooden stick (the "gilli") with a larger stick (the "danda") and achieve specific tasks, depending on the variation of the game.

Equipment:

1. Gilli: A small, cylindrical wooden stick, typically about 3-4 inches in length and pointed at both ends.
2. Danda: A larger stick, about 2-3 feet long, used to hit (and flick) the gilli
3. The best thing is this game is 2500 years old and is the pre-cursor to cricket... look at the equipment, the dandi is the stumps that get hit, and the gilli becomes the bails on top of the stumps... great way to introduce the game.

Setting up:

1. Find an open area or field where you have enough space to play the game.
2. IMPORTANT SAFETY LINE: I like a 10 meter safety line, in a gym can use shorter, but I wouldn't. No one goes in this NO MAN'S Land...
3. Some versions use a circle (you choose how big) or a hoop to use as a target and a base
4. Note: If you have 8 or fewer players, you can play like continuous cricket and only have one batter and everyone rotates around the positions for max points. If more you can play two teams.

Rules and Gameplay:

1. If you know who I work I always prefer smaller groups like in continuous cricket.
2. One player starts as the "batter," while another player serves as the "fielders/bowlers."
 - a. OR, split into two teams, batters and Fielders.
 - b. To determine who will bat first there are two main methods
 - i. Each player takes turn hitting the gilli as many times as they can in the air, highest hits first
 - ii. All put hands to a circle like rock paper scissor.
3. (OPTIONAL INITIAL ROUND OF PLAY): **Phase 1: The FLICK!**

- a. Batter places the Gilli across the gilli divot in the ground and holds the dandi with two hands - placing the end under the perpendicular gilli.
 - b. They flick the gilli as far as they can. Harder than you think.
 - c. OPTIONAL ESTIMATION (from OG Game): Player estimates how many Dandi's the gilli is from the divot. The bowling team can either accept or challenge the batter. If the batter is more than a two or three off, they are out, if they are correct, they keep the points and move onto Phase two. Another variant is if you are off by 2 or more you loose $\frac{1}{2}$ the points from the hit, and if you are exact you gain or double (Note: can use steps or running steps over danda length)
4. **PHASE TWO: The Strike**
- a. The batter places the gilli upright on the ground or a small mound of sand, with one end of the gilli slightly elevated.
 - b. The Batter hits the elevated or curved end which pops it up into the air and then strikes it again into the field (It must go past the safety line to count).
 - i. In some variations, the player can move with the gilli and attempt three times to hit it past
 - ii. I prefer to give them three chances to hit it from the same spot
 - iii. NOTE: For younger kids a longer Gili can be placed on a block of wood or a stone and hit vertically down sending the gilli past the safe line.
 - c. If the gilli is caught in the air, the batter is out.
 - d. If the gilli lands in the field, the batter scores the points (or in simple versions one point); However, then the Batter puts the Dandi down in the circle and the closes fielder to where the gilli landed throws the gilli to try and hit the dandi or to get the gilli in the circle - This leads to the batter being out - but keeps their points in some versions, or looses them all in others.
 - i. If they miss, the batter scores either one point, or as in phase one, one point for each step and they Bat again.
 - e. Teams Switch after each batter has had a chance at bat OR in smaller groups, rotate with each out.

Variations

- f. Add any parameters to keep the game flowing - run maximums per bat, increase distance to run, change equipment, larger bat ect...
- g. After hitting the gilli, the batter puts down the dandi and runs to a predetermined location (tree. Line, base ect) and tries to get back before the gilli is thrown to the circle. This can double the runs, add one to the run or other predetermined multipliers.
- h. If a batter hits the gilli twice before hitting it into the field, they double their points.
- i. Instead of throng the Gili after it is hit in the field at the dandi, they try to get it in the circle and the batter tries to hit it out of the air.

Scoring:

Scoring in Gilli Danda can vary by region and local rules. Points may be awarded based on factors such as the distance the gilli traveled or the number of times the gilli was hit successfully, or if they reach and return to the batting circle. Also, sometimes points are awarded for hitting the dandi from the field.

Safety:

- This game needs lots of progressions and scope and sequencing as it is foreign to our skill set... even catching a stick takes practice.
- PLEASE take the time to build confidence and skills.
- This game has some inherent risks and is on the edge of what I would call fool proof... however, when compared to baseball and softball, I feel they are similar in nature, with flying objects and such.
- The shape of the gilli is important and one that I am still working to perfect at this time. Full honesty. The larger ones have less of a point but the smaller ones fly better.
- The longer stick variation is a great way to work with the challenges of hitting the Gilli from the ground, and is easier to catch.
- This is still a work in progress but I am determined to bring this to my classes.
- **PAINTING THE GILLI MAKES A HUGE DIFFERENCE IN ITS VISIBILITY.**

Lapta

(City and Suburbs - Chaos with a bat and tag with a ball)

Origins: Russia / England

Video's

- full game is big.. <https://www.youtube.com/watch?app=desktop&v=pNEnsuaYWUw>
- <https://www.youtube.com/watch?v=3SM6D3-S220> : Translate to english.
- https://www.youtube.com/watch?v=V5Q-ZDZs3_o
- <https://www.youtube.com/watch?v=2yt09wsyrd4> BEST FULL OVERVIEW - Bat and Ball
- https://www.youtube.com/watch?v=5g8kS_1VEIY : Background - translate to english

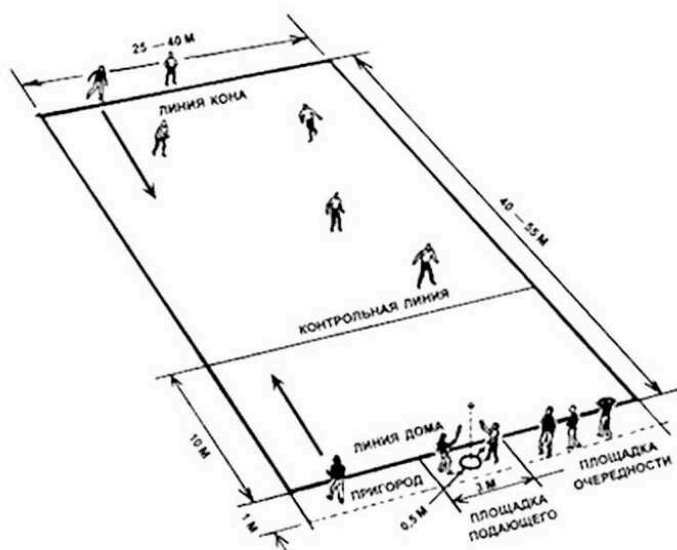
Background

- Game dating back over 800 years, some say Peter the Great used it to keep his soldiers fit, some say it originates in England... all say it is a pre-cursor to Baseball, BUT with much less standing around.
- Lapta (lapTAH) is one of the oldest Russian games, dating back to the 10th century in Kievan Rus'. With similarities to cricket, baseball and Rounders, Lapta is still popular in modern Russia today. During the reign of Peter the Great, Lapta was used as a training technique for Russian troops. Over the centuries, the game has become a popular way to keep fit and build stamina and speed. Today, Lapta is an official sport in Russia.

Equipment

Ball (small gator ball is best, but tennis balls would work if you trust your students to stay in control - I prefer the Quince Ball or the Bag-and-packing tape ball from link above. Use a bigger ball and smaller area if you want... Play in Winter in the Snow.

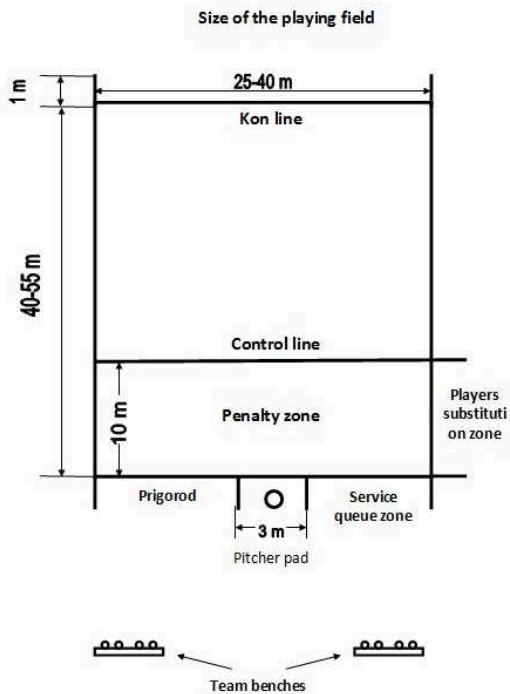
Bat: So many types... Pained baseball bat, flat bat, stick, 60 to 90cm long, some have a top heavy end...



Playing Area

- Again two variations.
- Variation 1: Outdoor space - set boundaries (all can be modified to specific needs or groups)
- City Line (batting line)

- Penalty Line (3 to 10m) from City Line
- IN PLAY Area (From Penalty Line to Con Line (Horse Line))



- Con Line (Horse Line)((Safe Zone)
- BAtting Zone called the falling zone (2m x 2m) and bat cannot leave that zone... no throwing bat.

Con line, horse line, safe zone

Prigorod, suburbs, runners zone.

- Variation 2: Gymnasium
- Need the same lines, but modify field for same dimensions. Ideally basket ball court or volleyball court so there is space around the boundaries.
- Remember all walls are out and players must thow from withing the boundaries.

Game Play

- Two teams (from 3's to 10 per side) take the field. Bat catch and hand up to see who kicks first
- Smaller teams will make the game more exciting.
- Fielders spread out (advanced have one field captain who calls out plays to players on who to mark and what to do with the ball like a point guard)
- City dwellers (batting team) lines up outside of the city line.

City Dwellers: Striking team

- First stricker sets up while second stricker pitches for the kick.
 - Toss is open palm, toss up and back away
 - Three ways to kick: 1) above head (chopping wood syle), 2) underhand - Candle or reverse grip between legs. 2) side swing (careful with tosser... avoid if possible)
- Each kicker gets 2 (or 3) attempts to hit the ball.
- If the ball successfully lands in the In-field Area (past the penalty line) they run to the Con line to be safe.
 - They can even return on the same kick if they feel safe or if there is an overthrow.

- Also, if a ball is caught and it is not advantageous to run, they can stay behind the city line and move to the suburbs.
- The tosser becomes the kicker and the cycle starts again.
- Once a kicker completes the round trip back to the city, they can choose to stay in the suburbs (outside of the falling zone. Once a player kicks (either successful in the kick and run or outed) they can run on every kick. YES... those who go first need to be most fit.
 - A runner can leave the city at anytime when a ball is in play, especially on an overthrow, as long as they are in the suburbs.
- Play continues until every team member has made the trip to the horse line and back to the city.
- When the last kicker is at bat, the first batter can toss for the batter
- The last bat will signal the end of that teams occupation of the city and should have best batter at this slot.

Fielding Players

- First goal is to catch a ball in the air
- Once a ball lands in the Playing Area (behind penalty line in front of Con line), players pick a mark (player to try to hit) and pass or run the ball to ensure a successful hit (tag with the ball).
 - Variation with lots of players - When holding ball cannot run
- If a ball lands in the playing area, but then rolls/bounces out of the field, it is live and the fielding players must retrieve the ball and run it or pass it into the playing field before throwing at a runner.
- If a ball is thrown at a runner and it misses or a fielder misses a pass, the play continues (CAUTION IS ADVISED).
- If they are successful at "SALTING" (Salt: tag a player with the ball hitting a running player below the waist), the teams switch positions on the field.
 - HOWEVER - this is where the battle for the City Begins
 - Once a running player is "SALTED", the fielding team must get behind the CITY line before any of their players are GREASED (Tagged with ball)
 - A Salted Player (or member of their team) can "GREASE" a retreating player as before they retreat back to the City Line.
 - This can continue with a RETALIATION GREASING - again switching positions on the field.
 - (if you have ever played CHAOS or Crazy Saskatchewan you will appreciate this rule).
 - VARIATION: Players can retreat beyond either the Con Line or the City Line.
- There is a great deal of strategy involved in coordinating a team in the field to pick a mark and follow through with it. If a mark is isolated, patience is required to allow the fielding team to start making their retreat to the city or con lines.

Positions change only when a player is SALTED and the fielding team retreats behind safe lines.

Scoring:

- Caught Ball = 1 point for fielding team
- Run to Con line back to City line = 2 points

Game length and modifications:

- Traditionally teams play two 20 minute halves and highest score wins.
- In gym - can play 15 min halves.
- Can also set Max Runs before team change positions (ie 10).
 - Important to keep players in order between changes so everyone gets to bat.
- Can set up two or three fields on playing field with smaller dimensions.
 - Because ball must land in playing area, don't need to worry about GRAND SLAMMERS.
- Can set up two pitches in a large gym.

Kabadi

Origins: India

Game dates back to

Kabadi is TAG on Steroids. It is a full contact sport but not like anything you have seen before. Played on parks, beds, professional playing fields.

Pro League: <https://www.youtube.com/watch?v=eEYnGN7Z-JI>

Info Video: <https://youtu.be/ybdGREjvluU>

Game Play

Advanced tag with several rules and lines of importance on the floor or yard.

In short - reach the line then tag as many people as you can before you get tagged.

More to come soon.

Chungi

Origin: Nepal / Tibet

How to Play: https://www.youtube.com/watch?v=k_SIGRo4234 kids
https://www.youtube.com/watch?v=F5lkgjr_Fkw - Great action shots

Equipment:

One Chungi

Making Chungi from innertubes: <https://youtu.be/dsobP1pH31U>

Game Play:

- Pretty much like a hacki sack game...
- Goal is to get to 10... count how many times you have to re-start
- The rules of this game vary as you go along. The more traditional way of playing Chungi is to count the number of times you manage to bounce the chungi with your feet as you keep it up in the air. You are not allowed to use your hands during the process and should you accidentally use your hands you are immediately disqualified from the game. Use of both feet is allowed as is using any other body part but remember: no hands!!
- Count to 10: How many restarts do you need to get to 10... Lowest score is winner
- Another twist to the game is when you finish a certain number of bounces you twist your body and back kick the chungi to see how far it lands (eg. every 3 kicks). This is also used among experienced players to measure their expertise with the chungi. One method of playing it is in a circle as each player tries their hardest to keep the chungi in the air. The chungi is passed from player to player. The aim of the game is to perform tricks with the chungi without letting it drop to the ground. The fun part about Chungi, as with most Nepali games, is that you make up the rules as you go along—so go ahead, convince that first timer that he needs to pat his head and rub his belly while he bounces the chungi. (from <https://ecs.com.np>)

Ulu Maika

Origin: Hawaii

In a grassy field, plant pairs of tent pegs 2 to 3 feet apart from each other, making a straight path for the stone or bocce ball to travel through. The more tent pegs you put down to lengthen the path, the harder the game will be!

Two players each take a stone or bocce ball and stand at least 10 feet back from the first set of tent pegs. Flip a coin to see who goes first. The goal is to roll the stone or ball as far as possible while passing between all of the tent pegs. If a player rolls their ball outside of the tent pegs, give them a second chance (or a few chances, depending on the age group). If both players successfully roll through the path of pegs, whoever's ball rolled the farthest wins!

My version uses four cones and a hockey puck to play.

Set cones in a narrow corridor and roll the puck through... each time scores a point.

If you get it through, your opponent narrows the gap... see how close you can get the cones.

Double Ball

Cree Game with the double ball.