

# Communication game - Over/Under

**Communication** - 'Over/Under' is a challenging relay game that develops teamwork, communication, coordination, movement and listening skills

## **Age Range**

Any Age

## **What you need**

- A ball for each team.
- Eyeshades.
- Markers/cones; or lines on the ground.

## **How to play – game basics**

- Divide group into 2 equal teams and select team captains.
- Teams line up behind their captain at the start line.
- Each participant must wear eyeshades.
- The team captain at the front of the line passes the ball over their head to the next player in line who then passes the ball between their legs to the next in line who passes the ball over their head; this continues until the end of the line – over-under-over-under and so on.
- The person at the back of the line holds on to the ball and carries it to the front of the line (wearing eyeshades); once at the front they pass the ball over their head, and so on.
- The game ends when the team captain reaches the back of the line and carries the ball to the front; once there the captain calls 'finish' and the team sits down or holds the ball in the air.



## **Something to think about**

How can the player passing the ball make sure the next in line is ready to receive? How can team members help the player at the back bring the ball to the front of the line?

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## **Note:**

- Seated players pass the ball over their heads.
- Every player must touch the ball; no rolling it from the front to the back in one go!

BESO can be applied to adapt or modify the activity as in these examples.

## **tegeBar (Task)**

- Try playing the game without eyeshades the first time. Some players can move to the front of the line without eyeshades until their confidence increases.
- A standing player passing back to a seated player may have to crouch or kneel.

## **hEzebe (People)**

- Teams should be a maximum of 8-10 players per side to keep the game flowing and maintain interest.
- Players using mobility aids (for example, wheelchairs or walking frames) always pass the ball over the head.

## **quSaquse (Equipment)**

- Some players may need to use a smaller-sized ball; for example, players using one hand.
- Use any kind of ball, for example:
  - regular balls, like footballs or basketballs
  - modified sound balls (basketballs wrapped in plastic bags and secured with tape).
- Draw a line on the ground; the team stands in single file behind the line.

## **bOta (Space)**

- Vary the space between players to suit their abilities; some players may need more room to move (for example, wheelchair users).

## **Safety**

- Make sure there is enough space between teams to enable players to move freely.

## **How to improve**

- Players can support and encourage their team-mates by maintaining good communication.



## **Extension game - 'Tunnel ball' variation**

- Teams stand with their legs about shoulder width apart. The team captain at the front rolls the ball backwards between their legs to the next player who passes the ball between their legs to the next and so on until the end of the line. The player at the back of the line kneels down to receive the ball, then picks it up and carries it to the front of the line (wearing eyeshades); this player passes the ball between their legs and the game continues until the captain brings the ball back to the front and calls 'finish'.