

Youth Group Games



Spud

Your youth group is going to love this game and they will want to play it all the time! This game is an alternative to dodgeball that's less physically demanding, not as aggressive and better for playing with groups that have wide range of ages. However, it still has all the fun and action of dodgeball, while being more social and friendly.

Participants: 5 Minimum, No Maximum

Materials/Equipment: A Large, Safe Ball (Think Kickball) and Open Space Outside (Such as an Open Field or Parking Lot) or Indoors (Such as a Basketball Court)

Spud Game Rules and Instructions (Read Aloud to Group)

Everyone gathers in a circle and one player is "It". To start gameplay, "It" throws the ball in the air and shouts out another person's name while everyone else runs away. The "New It" grabs the ball and shouts "STOP" as soon as they have possession of the ball. Holding the ball, the "New It" picks a "Target" and can take 4 big steps (Saying S-P-U-D if they like) toward the "Target" – no jumping! The "New It" then tries to hit the "Target" with the ball, without skipping the ball and no aiming for the head! The "Target" cannot jump out of the way, but can dodge with their feet planted on the ground or catch the ball. If the "Target" dodges or catches the ball, they become "It". If the "New It" hits the "Target" with the ball and they don't catch it, the "New It" becomes "It" and everyone gathers in a circle again. Gameplay continues until a final showdown between the remaining two players to determine the winner.

Spud Detailed Rules and Instructions

1. Have everyone share their name aloud. Then, choose someone to be "It".
2. "It" gets the ball and the rest of the players stand in a circle around "It".
3. "It" throws the ball up into the air and calls out any one person's name.

4. As soon as “It” throws the ball into the air, everyone runs as fast as they can.
5. The person call out by “It” runs back and grabs the ball and screams STOP.
6. Everyone must stop at once. (Be aware that youth will try to get away with not stopping immediately. It might be good to have another adult just watching and making sure everyone is stopping when STOP is called).
7. Once STOP has been called, the “New It” (the person’s whose name was called and is now holding the ball) has 4 steps thy can take (S P U D) to reach the closest player.
8. The “New It” can’t jump, but can take as big as steps as they can – no more than 4.
9. The “New It” then picks out a “Target” person to throw the ball to try to get them out.
10. “New It” must hit the “Target” they choose, but no head shots.
11. If “New It” misses the “Target”, or if the “Target” catches the ball, then “New It” is now out and the “Target” is now the new “It”.
12. If “New It” successfully hits their target, then the “Target” is now out, and “New It” remains “It”.
13. Return to Step 2 – Gather everyone in a circle again and keep playing until only one person is left.

Blob

It’s coming for you and it’s GROWING! Blob is a high-energy gam that builds in momentum as captured players join the “blob” and work together to go after the rest of the free players. This is a great game for those moments when you simply have no materials or resources to work with, but you need a game that is fun and burns lots of energy!

Participants: 7 Minimum, but you could play with smaller numbers in a smaller space

Materials/Equipment: None; however, if you’re playing in a larger open area, you will likely want to have something serve as boundary markers to confine the playing space.

Blob Game Rules and Instructions (Read Aloud to Group)

We’re going to play a game called Blob! The game begins with one volunteer, who will be known as “the Blob”. The goal of “The Blob” is to try to capture other players, who are attempting to stay clear of “The Blob”. “The Blob” touches another player, they are caught and must become part of “The Blob” by linking arms or holding hands with “The Blob”. As more players are caught, “The Blob: will grow in size and reach. The game continues until all players are caught, with the last player to be caught serving as the beginning player of “The Blob: in the next round. {NOTE: If using boundary markers, be sure to explain the boundaries and instruct all players to stay within them.)}

Freeze Tag

Freeze Tag is a variation on the classic It-Tag Game. The main difference is that when a person is tagged, he or she must be “frozen” (not move) until a teammate tags the person to release them.

Participants: 4-10 Required

Materials/Equipment: A large outdoor area free of obstacles

Time Required: Varies; About 20 minutes

Freeze Tag Game Rules and Instructions (Read Aloud to Group)

We’re going to begin Freeze Tag by choosing a person to be “It”. The person who is “It” is the player who can “freeze” other players. When the game begins, everyone runs away from the person who is “It”. The one who is “It” chases after other players, trying to tag (touch) them. If a person is successfully tagged, he or she must “freeze” in place (Stand still and not move). Frozen people cannot move until another player un-freezes them (touches them to return them to normal).

The player who is “It” wins by freezing all players.

Silent Ball

Unfortunately, with rain, snow and cold weather this winter, students may be spending more times indoors. This is the time to pull out those all-time favorite games for the classroom.

Group Size: Any size

Age Group: Pre-K – Grades 5

Time: Under 10 minutes

Equipment: Dodgeballs

Before You Start:

- Have players spread out standing up in the available space.
- Explain the rules of play and check for understanding with yes or no questions.
- You will need one medium size ball, any that is appropriate for the players catching skill level.

How to Play:

- Leader counts down, 3, 2, 1 silent” and passes the ball to another person in the play area.
- A player must sit down if:

- She/He drops the ball.
- She/He makes a bad pass.
- She/He talks or makes noises.
- Play continues until only one person remains.
- Last player standing gets to be first to throw the ball in the next round.
- All players who were sitting may return to play at the start of a new round.
- If gam is progressing slowly, ad a challenge by limiting time to throw, having all players take spread out, asking everyone to keep one hand behind their back at all times and so on.

Variations:

- For young, beginning players: Have youth sit or stand in a circle. See if they can pass the ball around the circle without anyone laughing or talking. Add more balls for a challenge round.'
- Silent Trees! Start with players sitting on the ground, when a player makes a mistake, she/he stands up and becomes a tree. Trees must remain planted, i.e. they cannot move his/her feet. The tree can re-enter the game by deflecting or intercepting a pass. The person who was unsuccessful at making a pass becomes a tree.