

## Capture

*Objective:* To capture the other team's four objects before they capture yours.

*Equipment:* 2 soccer balls, 2 gripper footballs, 2 frisbees, 2 fish, 8 big cones, 8 hula hoops, 4 carpet squares, 2 long ropes.

*Activity Description:* Two teams will run and try to capture the other team's objects by throwing, kicking or running them over the centerline. The field is set up with 4 big cones with hula-hoops around it on each side of the field. Also, there are two carpet squares on each side and a guard line laid out about 10 feet away from the cones. The ideal length of the field is the width of a soccer field.

*Procedure:*

1. Guard Line: The guards may not go past this line until a player from the other team crosses it. Once a player crosses it then the guards may be as close to the cone as they want without straddling it.
2. Carpet squares: 2 people per safe spot.
3. Once a player grabs the object they must throw, kick or run it back to their side without being tagged. If they throw or kick the object, it must be caught by one of their teammates before it hits the ground. If it hits the ground, it is a dead ball and must be brought back to the hoop before it can be retrieved again.
4. If a player gets tagged, they must go to the area on the sideline and perform a fitness activity before they can come back in the game. Each consecutive tag results in a specific activity. Examples are pushups, curl-ups, wrist rolls, staff pose, stretches, etc.
5. Once an object is captured, it must be brought to the teacher on the sideline. After all the objects are captured from one team, the next round begins.

Check of Understanding:

- When can the guards go past the guard line?
- How does a player get back in the game? Where do they go?
- How many people on a safe spot?

Safety Action:

- No tug-o-wars
- Excessive pushing or shoving during a tag.

