



*Recommended games for Teamworks Birthday Parties

For Ages 2 – 6

Teamworks Recommends **4** games to be played during one hour of game time

For ages 7 and up

Teamworks Recommends **2- 3** games to be played during one hour of game time

Not sure what games would be best for your party? During your conformation call, a Teamworks staff would be happy to help you pick out the best games for your party based on your party guests' ages & party size.

Tag Games

Tag Games are great, fast-paced chasing activities that are perfect for all ages and the best way to get party goers moving. Tag games are a versatile, and easy to play for all ages. Here are a few to choose from, but Tag Game options are limitless!!!

**Fire & Ice Tag
Recommend for Ages 4 - 8**

Equipment: red ball and blue ball

Objective: blue ball tries to freeze as many people as possible before red ball thaws them

- blue (ice) ball tags people to freeze, red (fire) ball touches the frozen people to melt or unfreeze
- one person gets blue ball
- one person gets red ball
- person with blue ball runs around tagging people to freeze them
- person with red ball must run around and tag frozen people to thaw them
- upon instructors command the group runs around the field avoiding being tagged by the blue ball

Other Tag Games

Airplane Tag (*ages 4-8)

Dog Catcher (*ages 4-8)

Fishy Fishy (*ages 3-8)

Shark Attack (*ages 3-6)

Shrimps & Crabs (*ages 4-8)

Snake in the Grass (*4-6)

Stuck in the mud (*ages 4-8)

Toilet Tag (*ages 4-8)

What time is it Mr. Fox? (*ages 2-6)

Alien Invasion (*ages 7 & up)

Flag Tag (ages 4 & up)

Car Lot (*ages 4-8)

Everybody's it!!! (*ages 8 & UP)

Noodle Tag (*ages 3 & up)

Jedi Tag (*ages 3 & up)

Spider Man Tag (*ages 5 & up)

Sport Type Games

Flag Football (*ages 7 and up)

Pillow Polo Hockey (*ages 4 and up)

Soccer (*ages 4 and up)

Wiffleball (*ages 9 and up)

Kickball (*ages 7 and up)

Basketball (ages 9 and up)

(only available if party game time is scheduled on Sport Court 4)

Other Fun/ Popular Games

Capture the Flag (*ages 8 & up)

GA GA Ball (*ages 7 & up)

Jail Break (*ages 7 & up)

Parachute games (*ages 2-7)

Popcorn (*ages 2-6)

Red Light Green Light (*ages 3-6)

Run like.....(*ages 2-6)

Messy Backyard (a variation of dodgeball)

Recommend for Ages 3 and up

Equipment: 20-30 small balls, cones or a line to separate team

Objective: Throw the most balls into the opponents yard or side

How to play:

- Both teams must clean up their backyard (small balls scattered around the yard).
- Instruct them to throw the balls over the imaginary fence and into their neighbors' yard in order to clean their own yard.
- The team with the least number of balls at the end of the allotted time wins (for younger children you don't need to bother counting the balls).
- Divide the group into two teams, one team on each side of the field.
- Can not cross center line
- Do not throw ball at other players

Bucketball (a variation of dodgeball)

Recommend for Ages 3 and up

Equipment: 20-30 small balls, 2 Buckets, cones or a line to separate teams and boundaries for buckets

Objective: Throw the most balls into the opponents bucket

How to play:

- Both teams must clean up their backyard (small balls scattered around the yard).
- Instruct them to throw the balls over the imaginary fence and into their neighbors' bucket in order to clean their own yard.
- The team with the least number of balls at the end of the allotted time wins (for younger children you don't need to bother counting the balls).
- Divide the group into two teams, one team on each side of the field.
- Can not cross center line
- Do not throw ball at other players

Star Wars/Bombardment (a variation of dodgeball)

Recommend for Ages 7 and up

Equipment: cones, five bowling pins, lots of dodgeballs

Objective: To knock down all pins on the opposing team to get the most points for your team

- on opposite sides of the field make a line of pins
- about 10ft in front of the pins make a line of cones
- on the center line put down all the dodgeballs
- divide the group into two teams
- line each team up just in front of the cones
- upon the instructors call each team will run up and "activate" the balls by pushing them into their side
- once "activated" team members can throw the ball to the opponents side to knock down the pins
- pins cannot be guarded
- team members can only stand in front of the cones
- team members cannot cross the center line onto the opposing teams side
- no one gets out, teams are only trying to knock the pins down

Dr. Dodgeball (a variation of dodgeball)

Recommend for Ages 7 and up

Equipment: Gator Skins

Objective: To throw balls at other team and get them out to win the games

How to play:

- There are two teams. Each team chooses a "Doctor" secretly who will be able to free players that are out. Each team has their own side.
- There are two ways to win.
- The first team to get everyone out on the other team wins
- The team that has the least amount of yarn balls in their yard at the end of the set time to play
- Each team has to throw the balls as fast as they can throughout the game into the other teams yard and throw them at the other teams player to get them out
-

Kingpin (a variation of dodgeball)

Recommend for Ages 7 and up

Equipment: gatorskins, 8 bowling pins

How to play:

- Pick two teams. Each team has 4 pins on their side that they have to protect. The object of the game is to knock down all of the other teams pins by throwing the gatorskin at them, but you have to be careful because if the other team catches your football then you are out.
- The game is over when all pins on a team's side are down or when all players on a team are out.

Revenge (a variation of dodgeball fast paced) Recommend for Ages 8 and up

Equipment: Gatorskin ball or soft ball

Objective: to get everyone out and be the last one standing

- stand the group in a big square
- one person starts with the ball
- person with the ball takes two step and throws the ball at someone
- person that gets hit sits on the side
- the loose ball is picked up by anyone and thrown at another person
- if the person that got you out is hit, you automatically come back in

Ultimate Football Recommend for Ages 8 and up

Equipment: football/ages 7 below-gatorskin ball or smaller football

Objective: move the ball down the field without dropping/missing the pass to score a touchdown with only four downs

- start in football line up and hike it to the quarterback
- quarterback cannot move but his teammates can
- quarterback cannot be guarded but his teammates can
- quarterback has to throw the ball to his teammates, the next person that catches the ball now cannot move and has to pass it to another teammate
- if the ball is dropped or missed its back to the starting point of last throw

Team Handball/Speedball-very fast game Recommend for Ages 8 and up

Equipment: small gatorskin ball, cones for goals

Objective: move the ball down the field and throw it into the opponents goal

- person with the ball cannot be guarded but his teammates can
- person with the ball can only take three steps
- move around the field don't all bunch up/short passes work better than long ones
- if the ball is dropped the opposing team gets it and continues from the point of pickup

Ultimate Frisbee Recommend for Ages 10 and up

Equipment: Soft Frisbees

Objective: move your team down the field by throwing the Frisbee into the goal, the first one to get the most goals wins

- break group up into teams forming lines – one person behind the other
- each teams first person starts with the Frisbee
- on the "go" the person with the Frisbee throws it aiming to get it into the first hoop, goes to the back of the line
- second person runs out picks up the Frisbee where it landed, doesn't move from that spot, and throws it into the next hoola-hoop (providing it went into the first hoop, if not, they try to throw it into the first hoop)they run back to the back of the line
- all children follow the same.

Steal the Bacon

Recommend for Ages 7 and up

Equipment: Any **two** medium-size item that can be picked up

Objective: To grab the item from the center and run back to your teams line without getting tagged by your opponent getting the most points for the team

- make two teams
- give each team member a number (1-10 etc)
- line each team up on opposite sides roughly 30-40ft apart
- place object in the center
- instructor calls out a number or group of numbers
- person or persons with the number called runs to the object in the center and grabs it.
- once picked up, person must run back to their team's side without getting tagged by the opponent
- once the object is picked up it cannot be dropped
- if more than one number is called the persons can strategically run back to their side throwing or passing the object to their teammates. If the object is dropped, it is an automatic point for the opposite team

Secret Agent Football

Recommend for Ages 4 - 8

Equipment: a small object that can be held in ones hand hidden without being seen

Objective: moving your team across the field without the person holding the object getting tagged

- divide group into two teams standing on opposite sides of the field
- one team (A team) will choose someone to hold the small object hidden in their hand with all players standing with their hands in a fist position to fool the other team
- the opposite team (B team) stands on the opposite side of the field ready to go
- when the game begins the A team moves toward the B team's wall with their hands in a fist position
- team B tags the players of the A team. When someone is tagged on the A team, they have to stop and open their hands to show if they have the object or not. Once they've shown their hands they can continue to the other side
- if the A team makes it to the opposite side of the field without the person holding the object being tagged, they receive a point
- the B team now gets the object to hold and the game begins again
- if the person with the object on the A team gets tagged no points are gained and the B teams gets the object and the game restarts

Bump Tag

Recommend for Ages 8 and up

Equipment: none

Objective: tag the person out before he/she sits next to another group

- have everyone get in groups of two or three
- have the groups spread out and sit next to one another
- two people will start standing up and pick one person to be the "tagger"
- upon the instructors command the tagger will run after the second person as the second person runs around the groups without jumping over them
- the second person must sit or lie on the end of any group before getting tagged
- the person on the opposite end of the group must get up and run away from the tagger also finding a group to sit or lie next to
- once done the person on the opposite end of the group gets up and follows the same rule
- if the person running gets tagged, they now become the tagger and the person that was the tagger sits or lays down in his/her own spot
- and the game continues on following the same steps