



ACTIVITY SAMPLE:

MAT BALL



Activity name

Mat ball

Facilities

Gymnasium other appropriate activity area

Activity overview

Structured open gym, intramural leagues

Equipment

Four 4' x 4' utility mats; 10 foam or other utility balls; 4 pinnies

Division

Elementary or secondary

Safety

Refer to the information on [Supervision and Safety](#) in the About Intramural section for support in establishing supervision ratios and rules of play for this activity.

Activity instructions:

- Place two mats along the end line, one on each end of the activity area.
- Divide the participants into two teams and assign each team to one half of the activity area. Two students from each team wear pinnies and stand on the mats at the other end of the activity area, behind the opposing team. These are "mat keepers".
- Designate the centre line of the activity area as the boundary line that participants may not cross.
- Give each team five balls.
- Each team remains in their court and tries to throw the balls to their mat keeper teammates standing on the mats at the opposite end of the gym.
- The mat keepers may not leave their mat, nor are other students allowed to touch them on the mats.
- A point is scored each time a mat keeper catches the ball without it touching the ground.
- If a pass is intercepted the ball becomes the other team's to try to make a pass to their mat keeper.
- Change mat keepers frequently. You may want to designate a change in mat keepers when either team reaches a designated number of points.
- When playing outside, consider using chalk or cones in place of mats and cones to mark the centre line.

Modifications and variations:

- Add a "no enter" zone around each of the mats.
- Add more balls into the game.
- Use a variety of sizes of balls.
- Change the mat keeper each time a point is scored - this can speed up the pace of the game.
- Award teams two points when the mat keeper successfully sends the ball back to the team member from who they received without it hitting the ground.



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- To increase the number of participants set up the game from sideline to sideline and have two games occurring simultaneously.

Notes to supervisor:

- For various ways to modify for the age and skill of participants or to maximize inclusion please see [*Step 3: Develop and Implement Your Action Plan.*](#)

CIRA Ontario. (1998). Great Gator Games. Ancaster, ON. For more CIRA games, visit <https://www.ciraontario.com/>