

# Hummingbird - Two Ways to Play

## *Activity*

**Resource:** Play for All

**Division(s):** Intermediate Senior

**Location:** gymnasium, large activity space, tarmac, outdoor field

## What's It All About?

Hummingbird is designed for maximum and meaningful participation and inclusion for all. These versions of Hummingbird may be played in various locations in small and large group play. This game encourages movement while sending and receiving passes and is a combination of soccer and handball. Participants work together to maintain possession of the ball to send it into the net to score goals.

## Considerations

- Select the version of the activity that best meets the interests and needs of participants who choose to take part in this intramural activity.
- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the needs and interests of participants during play and maximize the fun, inclusion, and participation of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, and meaningful participation for everyone. Encourage participants to add any variations of their own.

## Safety

- Visually inspect the equipment and playing area to identify and remove hazards. Check that the playing surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

## Version 1: Hummingbird (large group play)

### Equipment

- 2 small floor hockey nets
- 3 – 4 pylons or rubber floor markers (small and/or flat) per group
- Pinnies for half of the group
- Variety of balls to send and receive (e.g., soft-skinned balls, foam balls, indoor soccer balls)

### How to Play

- Divide participants into 2 groups.
- Participants choose a type of ball to play with and may alter the ball throughout the game.
- Participants set up the playing area with 1 net at either end with a small crease around the net marked by small pylons or rubber floor markers.
- Groups volunteer to have half of the group play in the playing area and half play on the sidelines with 1 participant volunteering to be the goalie.
- Encourage participants to switch positions frequently (e.g., every 5 minutes) to allow several opportunities to play in the playing area, on the sidelines, and in the goalie positions.
- The game starts with an opening tipoff or jump ball like basketball.

- The game is played like handball when the ball is in the air and switches to soccer when the ball is on the floor.
- Participants can change the game to handball by flicking the ball up to themselves or using the wall to flick the ball with the foot off the wall. A flick pass can also be made to a sideline player to change the game into handball.
- Participants may pivot, but not take steps, while playing handball.
- Participants may also wish to change the game into soccer by dropping the ball onto the playing surface from above waist height. A ball that contacts the floor automatically switches the game to soccer.
- Goalies are the only participants who may pick up the ball from the floor inside their crease.
- Sideline participants are active players in the game and may move along the sidelines to receive and send passes to their group.
- Participants can score either by sending the ball into the net in handball, or by sending the ball into the net using a foot pass.
- Sideline participants can also send the ball into the net.
- Encourage participants to determine the number of points for a handball scored and a soccer ball scored (e.g., same value or 1 point for handball and 2 points for soccer).
- After a period of play, provide participants with some or all variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.

## Variations

- Participants determine the size of the goalie crease and adjust it throughout the playing time.
- Participants may increase or decrease the number of sideline players and field players and adjust as needed throughout the playing time.
- Participants select another type or size of ball to play with.
- For indoor games, play without goalies and turn the nets toward the end walls. The ball must bank off the wall to score. If playing outdoors, participants may hit the goal post with the ball or hit a pylon set

up as targets.

## Version 2: Hummingbird (small group play)

### Equipment

- 1 pool noodle per group
- 2 small floor hockey nets
- 3 – 4 pylons or rubber markers (small/flat) per group
- Pinnies for half of the group
- Variety of balls to send (e.g., soft-skinned balls, indoor soccer balls)

### How to Play

- Divide participants into small groups of 5 – 9.
- Participants choose a type of ball to play with and may alter the ball throughout the game.
- Participants set up the playing area using pylons or lines on the floor or outdoor end lines. Create as many small playing areas as possible to accommodate the number of participants, keeping in mind the available space.
- One participant from each group volunteers to be “It” and carries a pool noodle.
- The participant playing It can tag players with the pool noodle, which stops play and possession of the ball goes to the opposing group at their end line to start play.
- The game starts with both groups lining up on their respective end lines. One group drop-kicks the ball to the other group to start play. If the ball is caught in the air, it becomes handball. If the ball lands on the ground, it starts as a soccer game.
- Participants can change the game to handball by flicking the ball up to themselves or another group member, or by using the wall to flick the ball with the foot off the wall.
- Participants may also wish to change the game into soccer by dropping the ball on the playing surface from above waist height. A ball that contacts the floor, automatically switches the game to soccer.
- Participants may pivot, but not take steps, while playing handball.

- There are no goalies in this version of Hummingbird.
- Groups earn a point either by sending the ball over the end line as a soccer pass or a handball pass to one of their group members. The pass must be touched first with the foot over the line or caught in the air as a handball pass to count as a point.
- Encourage participants to determine the number of points for a handball scored and a soccer ball scored or no points at all (e.g., same value, 1 point for handball and 2 points for soccer).
- After a period of play, provide participants with some or all variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.

## Variations

- Participants decide on a minimum number of passes required before a goal can be scored.
- Send the ball in various ways (e.g., roll, kick, throw) to start the game.
- Participants select another type or size of ball to play with.