

# Gaga Ball

## Adult Instruction Sheet

### Guidelines for running a Gaga ball session:

#### Equipment

- Gaga Ball (or dodgeball)
- Gaga Pit

#### Instructions

Gaga is a style of dodgeball played in a circular pit

The aim of the game is to be the last one standing.

The game begins when one player throws the gaga ball up into the air while everyone's backs are against the wall.

Once the ball has bounced 3 times the ball is in play and the players must leave the wall

The players must hit the ball at each other in the pit. A player who is hit by the ball or breaks a rule is eliminated and must leave the pit.

#### Rules

- Players must not hit the ball twice in a row
- A player who causes the ball to leave the pit is out
- When the ball is caught in the air the last person to hit the ball is out

