



Bucket Blitz

Ultimate Frisbee + Basketball + Trash Can!

Overview

- ★ # of Participants: **6 to 30**
- ★ Where to Play: **Indoors**
- ★ Age of Participants: **Elementary / Middle / High School**
- ★ Approximate Time to Play: **15-40 minutes**
- ★ Materials: **Sports Ball, Two Trash Cans, Painter's Tape**

Summary

- ★ Place a large trash can in the middle of a circle
- ★ Players score by throwing/bouncing the ball into the can
- ★ Players advance the ball by passing, not running
- ★ Longer shots earn more points
- ★ It's more fun to include variations of scoring
- ★ The team with the most points at the end wins!

How to Play

On either end of a basketball court or other large space, create a circle of about 8 to 10 feet in diameter, and right in the center place a full-sized trash can. The goal of this game is simple: score more points than the other team by shooting or bouncing the ball into the garbage can on your opponent's side. However, the *way* that you score determines how many points you get. The easiest way to score is by placing the ball into the trashcan from within the circle, and that yields 1 point. The next level up from that is when you manage to shoot the ball into the trashcan from beyond the circle, in which case you earn 3 points. And finally, if you are able to bounce the ball off the floor and into the trashcan from beyond the circle, that nets you 5 points.

But what makes this game even more unique is the most important rule: you can't move around the gym while holding the ball. If you catch or pick up the ball, you must immediately come to a stop and plant your feet, which means you'll need to look to your teammates for a chance to pass. This is the same rule as in ultimate frisbee, of which we're also borrowing the rules of defenders staying at least an arm's length away from those with the ball, and the idea that you can pivot off of one foot in order to get around a defender. The rule that we're not following is how the change of possession works, because in this game, any time a ball hits the ground, it's up for grabs by either team.

As the game goes on there are some fun variations that you can add, such as only allowing everyone to use their non-dominant hand, allowing any baskets made by the girls of your group to be worth double, or adding a second ball into play. You can rotate through these variations to keep the gameplay fresh. At the end of 20 minutes, whichever team has the most points wins!

Watch the
Video Explanation Here!

