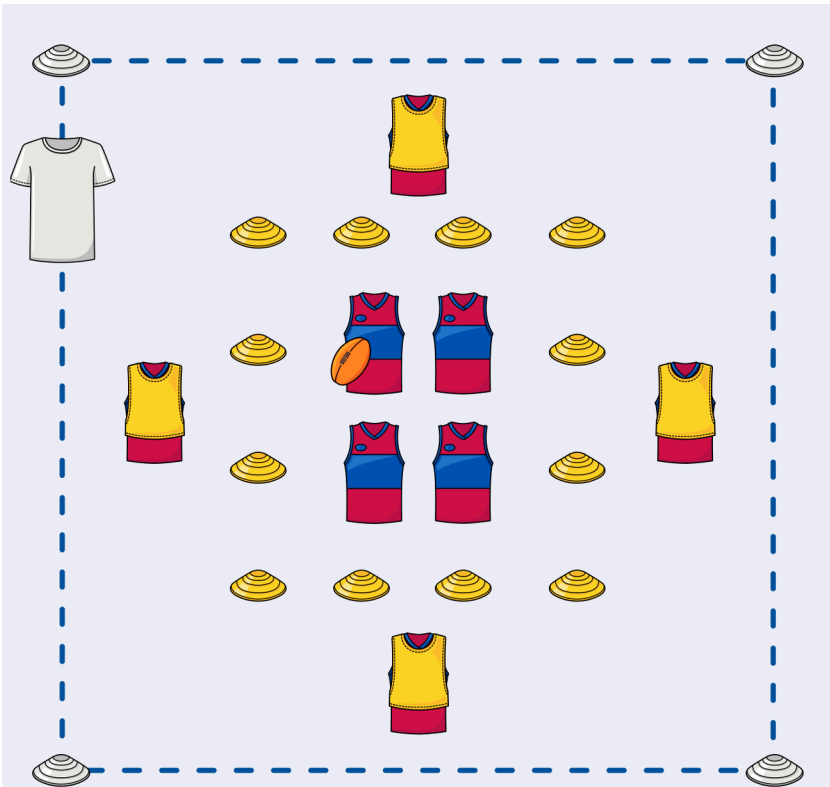


JAIL BREAK



HOW TO PLAY

- 1 When you say “Go”, the Jailbirds move around, handballing to each other. When the Jailbirds see a gap in the Guards, the player who has the ball attempts to “break out of jail” by running through the gap to the outside of the playing area, without being tagged by the Guards.
- 2 Once a Jailbird makes a break for it, all Guards can leave their designated side of the jail and chase the Jailbird.
- 3 Once players have escaped through one side of the jail they can’t break out of it again. Keep going until there are no sides left to escape from. Then, the teams swap.

EQUIPMENT

A stack of cones and bibs, 1 football and an adult per group.



SET-UP

Set up a large “jail” square in the middle of the playing area.

Divide the players into two teams, with one team inside the square (the “Jailbirds”) and one team outside (the “Guards”) wearing bibs. Spread the Guards out around the four sides of the jail, they can patrol their side only.

CHANGE IT UP

- Try having a minimum number of handballs before a jail break.
- Don’t limit the Guards to a particular side.
- Have two balls in action at once.