**2) Journey of the Mayflower**

**Skill Concepts:**Throwing, Teamwork, Muscular Endurance

**Equipment:**Omnikin Balls; hula hoops; 20 cones; foam balls (at least 1 per player)

**Set Up:**

* Place a hula hoop in center of the playing area with the Omnikin ball inside (the Omnikin ball represents the Mayflower).
* Place ten polyspots/cones on both sides of the center line going parallel about 5 yards away. The area in the middle is the ocean.
* Divide group into two teams and have each team line up on opposite ends of the playing area.
* Select one player from each team to be the captain. Remind the group that only the bravest of players should volunteer for this job because the ocean can be rough at times (i.e. the balls will be flying around).
* Evenly divide the balls between the two teams.

**How to Play:**

* On your signal to start, players try to throw the foam balls at the Omnikin Ball.
* All players must remain behind the line of spots/cones. Only the 2 players selected should be in the ocean.
* The job of the captain is to collect the balls in the ocean and roll them back to their teammates. They are not allowed to touch the Omnikin Balls for any reason and they are not allowed to interfere with the balls that are being thrown/shot.
* A team wins when the Omnikin ball (“Mayflower”) touches land (the line of spots/cones).

**Check This Out**

* Add more than one Omnikin ball. These can be sisters of the Mayflower. This creates multiple targets for teams to throw toward.