

Sports Evening

Aim: To let the boys enjoy an active evening, as a change from normal evenings

Arrival Activity

Ask the boys if they know of a famous sports person. Come prepared with some information and facts about a well known footballer or other sports person. Ask boys about teams they support.

Game

Football Skills

Game

Other Sports

Craft

Sports Crossword

Devotions

Reading 1 Corinthians 9: 23 – 27

Talk about how hard athletes have to train and work to achieve success. Ask the boys to discuss how this is not only relevant to sport but in life in general at school, at home etc. Explain to the boys how God wants them to work as hard as they can in every area of life be it sport or not. Explain to the boys that sometimes no matter how hard they try they will not win but to God it is not who wins or loses (although that is important) but how hard you try.

End with a prayer:

Lord Jesus, we pray for all who are involved in professional and amateur sport. May they set the highest of standards, on and off the field. Help us, like them to give our best all of the time, and to enjoy what we do. AMEN

Estimated Time:

10 minutes

30 minutes

20-30 minutes

10 minutes

10 minutes



No maximum number
depending on adequate
supervision



30 minutes

Football Skills

Aim: Try to improve the boys' football skills

Equipment:

- Football per boy
- Cones

Instructions:

- This session could be completed outside if there is not enough space indoors.
- Ask the boys to do a dribbling exercise, possibly in a relay team where they will dribble in and out of some cones and then back tagging the next member of the team.
- Ask them to do a Heading drill, where they throw a football up against a wall and then head it back to the wall. They should try to keep this going.
- Next play a game similar to football but with a twist. The game works as normal except boys cannot move with the ball. The game works in the same way as netball. The boys will be forced to work on their passing and movement without the ball.

Additional Activity:

Play a game of football at your premises or you could arrange to play another Company on a Saturday at your local playing fields or recreational ground.

Other Sports to be Played



No maximum number depending on adequate supervision



10-15 minutes per game

Aim: To continue the theme of sports with another active game

Equipment:

- Hockey/unihoc sticks and puck (for indoor hockey)
- Bat, ball and stumps/chair (for non-stop cricket)

Indoor Hockey

Instructions:

- Split the boys into two teams or create a tournament with more teams in it depending on the number of boys present.
- The game requires plastic hockey sticks and a rubber puck but a tennis ball also works well.
- Each team has a goal to defend and they must do this using only the hockey sticks.
- Sticks should be held with two hands and never swung above waist height. It is important that free hits are given to the opposing team to help stop violation of the rules.
- When playing the game in tournament form, play the first to two goals or a time limit. This will depend on how easy the boys find it to score as if it is too easy games will be over very quickly.

Non stop cricket

Instructions:

- The game is best played outside but works inside providing that there is a large enough area in which to play and there are no breakables in that area.
- Boys are split into two teams, one batting and the other fielding.
- The game works best if there is the same leader or a boy bowling who can be impartial towards both teams.
- The game works on a time limit, say seven minutes batting per team.
- The bowler bowls the ball from about three metres in front of the batsman, who will then try and hit the ball. Regardless of whether the boy hits the ball he must run to a cone situated 5 metres or so to one side of the stumps and back.
- While this is happening the fielding team have to return the ball to the bowler who can bowl it as soon as he gets it.
- Players can be out by getting bowled or caught.
- Every time a team member is out the team loses 3 points. The 'out' batsman rejoins the queue at the back and may bat again if it gets around to him for a second time.