



Eden Church VBS 2020: The Armor of God Sword of the Spirit Beach Ball Hockey

Materials:

1. An open space - family room, basement, playroom, or outdoors
2. 4 Objects that can be used as “goal posts” - cones (4 for \$1 at some dollar stores), chairs, stacks of books, toys, rocks (if outdoors), etc...
3. Beach Ball (\$1 at some dollar stores)
4. 1 Pool Noodle “Sword” for Each Player (\$1 at some dollar stores) *If your kiddos are young, you can cut one pool noodle in half to create two “swords.” *

* **Prep:** At each end of the open space, place the objects for the goal posts an equal distance from one another to create a goal. Inflate the beach ball.

Object: Use your pool noodle “sword” to hit a beach ball across the field and into your opponent’s goal.

Directions:

1. Each player gets a “sword” pool noodle to use as a hockey stick.
2. Split into 2 teams, separate to opposite sides of the field/play area, and play “Rock, Paper, Scissors” to see which team will get the first hit.
3. Place the beach ball in the middle of the field, and get started, hitting the ball across the field with just your pool noodle “sword.”
4. When a goal is scored, return the beach ball to the middle of the field and allow the team that did NOT score to restart play with the first hit.

5. Have fun!

