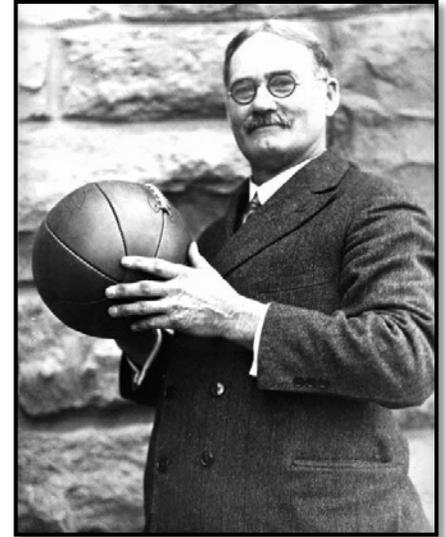


# DUCK ON THE ROCK

## History of the Game:

When young James Naismith, the Inventor of basketball, lived in Bennie's Corner, Ontario, Canada back in the late 1800s, he played a kid's game known as, "**Duck on the Rock**". He played Duck on the Rock with his neighborhood friends behind a Blacksmith's Shop where there was a large rock about knee high. Each of the kids would pick out a throwing stone, which was about the size of a softball, to play this rock-throwing game. The dynamics of arching the throwing stone at the "duck rock" inspired James Naismith several years later to conceive the idea of arching a ball into a peach basket, thus inventing the game of basketball!



## Benefits of the Game:

**Duck on the Rock** is an exciting, out-of-the-box, inclusive and historic kid's game. It provides people, of all skill levels, with the opportunity to participate in activities involving running, ball and disc throwing, aiming, critical thinking, and team play.



## Terminology of the Game:

**Duck Rock** – the large rock used as the base for a duck ball.

**Duck Balls** – softball-sized balls used both for throwing and also as a target placed atop of the duck rock.

**Diving Ducks** – the flying discs are used as swooping, diving ducks for passing and for knocking a duck ball off of the duck rock.

## Two Game Set Options:

**(1) The ORIGINAL Duck on the Rock Game Set:** 1 large Duck Rock, and 12 multicolor Duck Balls.

**(2) The ULTIMATE Duck on the Rock Game Set:** 2 large Duck Rocks, 12 multicolor Duck Balls, and 12 multicolor Diving Ducks (flying discs).

Warm-up Exercises: *(The "Ultimate Game Set" is required for exercises 1 & 2).*

**EXERCISE #1: Throwing and Passing Warm-up:** Divide the class into two teams. Place one team on either side of the duck rock about twenty feet apart. The students can first warm-up practicing their throwing and passing skills by throwing the ball back and forth with an adjacent partner from the other team. Next, have all the students exchange their duck balls for diving ducks (flying disc) in order to warm-up with their respective partners using a flying disc.



**EXERCISE #2: Aiming and Accuracy Warm-up:** Place two duck rocks at either end of the play area. Divide the class into two teams. Give the duck balls to one team and the diving ducks (discs) to the other. Position the two teams about twenty feet away from the two duck rock bases. Have both teams practice aiming and throwing the balls and discs with accuracy at the duck rock base. The students shall all throw their balls and discs simultaneously trying to hit the large duck rock base. Once all students have thrown their balls and discs, have everyone retrieve them and then continue to repeat this warm-up exercise.

**EXERCISE #3: Running and Coordination Warm-up:** Place a duck rock in the middle of the play area. Then place a duck ball on top of the duck rock. Give each student a duck ball. Position all of the students about twenty feet from the duck rock. Have all the students line up and throw their ball, one at a time, attempting to knock the target ball off of the rock. Hit or miss the student shall run as fast as he can to either retrieve his duck ball or replace the target ball when successfully knocked off of the base rock. This is a fast-paced warm-up involving energetic running, and quick throws.



# ORIGINAL DUCK ON THE ROCK

## *The Historical Game that Inspired the Invention of Basketball*

Terminology of the Game: \_\_\_\_\_

- **Duck Rock** – the large rock used as the base for the duck ball.
- **Duck Balls** – the softball-sized balls used for throwing and also placed on top of the duck rock as a target.

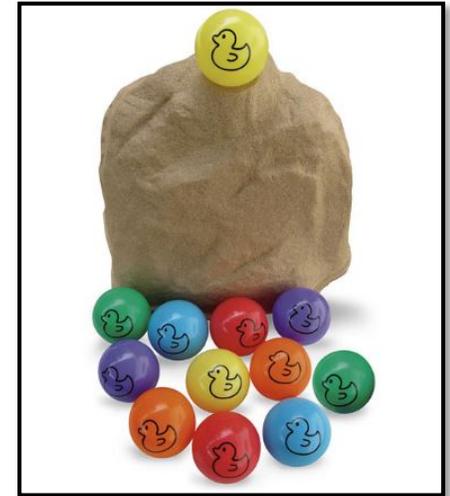
Equipment of the Game: \_\_\_\_\_

- 1 large duck rock
- 12 multicolor duck balls

Setting up the Game: \_\_\_\_\_

Setup the play area by placing the duck rock twenty feet away from where the throwing line is drawn (*for example, use the half-court line of a basketball court, etc.*).

Players: Up to 12 players can play Duck on the Rock at once. Each player chooses his duck ball from the multi-colored duck balls in the game set.



Playing the Game: \_\_\_\_\_

**The Duck Rock Guard:** Choose a guard. The guard places his duck ball on top of the duck rock and then stands beside the duck rock without blocking the rock or ball on top. The guard's objective is to tag any player who has thrown his duck ball at the guard's duck ball located on top of the duck rock.

**The Duck Ball Throwers:** All the other players line up single-file behind the Throwing Line twenty feet away and then they take turns aiming carefully and throwing their duck ball at the guard's duck ball, which is perched on top of the duck rock, as they try to knock it off. After each throw, the ball throwers must cross the throwing line and attempt to recover his own duck ball and then run back across the throwing line without getting tagged by the duck rock guard.

**Objective of the Game:** Each player takes turns aiming and throwing their duck ball at the guard's duck ball perched on top of the duck rock in order to knock the guard's duck ball off of the duck rock. Once a player has thrown his duck ball, the next player in line must immediately throw his duck ball if the player before him missed the duck ball on top of the duck rock. This makes for a fast action game with multiple players involved at once. If a ball thrower knocks the guard's duck ball off of the duck rock, then the guard must first replace his duck ball back on top of the duck rock before he can attempt to tag the thrower. This gives the thrower more time to safely recover his duck rock without being tagged. Any player tagged by the guard must immediately change places with the guard, and place his own duck ball on the rock. All the throwers then reset by lining up behind the throwing line to resume play against the new guard.

**How to Avoid Being Tagged:** The guard can tag the ball thrower once he has thrown his duck ball, unless the thrower puts his foot on his own duck ball where it landed or unless the thrower crosses back over the throwing line, with his duck ball in hand, before being tagged. If the guard tags the thrower, then the thrower must change places with the guard and then place his own duck ball on top of the duck rock.

Other Versions of the Game: \_\_\_\_\_

1. **The Fun-Run Version:** In this version of the game, there is no point system. The challenge and fun of the game is trying to strategically avoid being tagged by the Guard by accurate throws and by strategic maneuvering in recovering one's thrown Duck Ball. The duration of this game can be as long or short as desired.
2. **The Three-Ducks-in-a-Row Version:** In this version of the game, the first player to cross the throwing line three times, without being caught by the guard, is the winner. If a player is caught by the guard, he loses all of his points. He then becomes guard and must try once again to gain points when he becomes a thrower.
3. **The Last-Man-Standing Version:** In this version of the game, once a player is caught by the guard, he is eliminated from the game. The last thrower to remain in the game, without being caught by the guard, is the winner.



# ULTIMATE DUCK ON THE ROCK

## Terminology of the Game:

**Duck Rock** – the large rock used as the base for the duck balls.

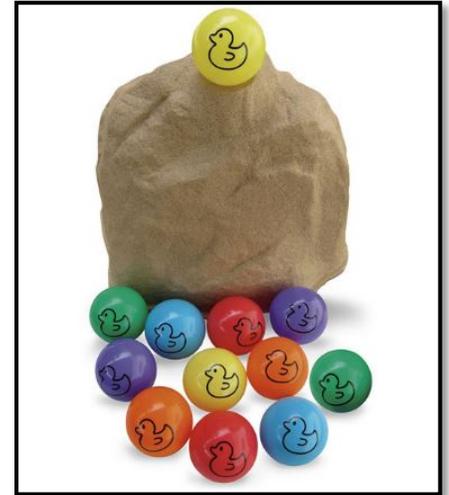
**Duck Balls** – the softball-sized balls placed atop the duck rock.

**Diving Ducks** – the flying discs used as swooping, diving ducks for knocking the duck ball off of the duck rock.

## Equipment of the Game:

- 2 large Duck Rocks
- 12 multicolor Duck Balls – *for the “Ultimate Game Version”*: use only 2 Duck Balls; 1 is placed atop each Duck Rock.
- 12 multicolor Diving Ducks – *for the “Ultimate Game Version”*: use only 1 Diving Duck (flying disc) as the game disc (see “Playing the Game” below).

**Objective of the Game:** To be the first team to score 10 points or the most points after a predetermined time. Points are scored whenever a team knocks the duck ball off the opposing team's duck rock using the diving duck (flying disc).



## Setting up the Game:

Use any available play area such as a basketball court or soccer field. Place the 2 large duck rocks at either end of the play area. Next, place 1 duck ball on top of each of the duck rocks (only 2 duck balls are needed for this game). Choose 1 of the diving ducks (1 flying disc) for the game play. Divide the class into two equal teams.

## Playing the Game of ULTIMATE Duck on the Rock:

- **Objective of the game:** To be the first team to score 10 points or to be the team with the most points after a predetermined time. Points are scored when each team knocks the duck ball off the opposing team's duck rock using the diving duck (flying disc).
- **The Kick-off:** Choose the team that will “kick-off”. Each team spreads out on their side of the field in front of its respective duck rock. At the signal, the designated team kicks-off by throwing the disc to the other team.
- **Advancing the disc:** Once the disc has been thrown, the receiving team advances toward the other team’s duck rock through passing the disc. Players may not advance the disc by running with the disc. The disc is only advanced by passing it from one teammate to the next. If the disc is dropped, then anyone on either team may possess the disc and continue without stopping game play. There are no out-of-bounds in this game version.
- **No goalies allowed:** No one is allowed to guard or protect the duck ball on top of the duck rock. Each defender must guard someone from the opposing team rather than guarding their own duck rock and duck ball.
- **Fouls:** No aggressive physical contact is allowed between players. If a player is fouled, the team of the fouled player receives possession. The disc cannot be stolen from the hand of another player.
- **Scoring:** The first team to score 10 points, or the team with the most points, after the predetermined amount of time, wins. Points are scored when the flying disc successfully knocks the duck ball off of the opposing team’s duck rock. Point values: 1 point is earned per successful knock-off.
- **Reset after Scoring:** After a successfully scored point, the duck ball is placed back upon the duck rock again, and the scoring team kicks-off to restart game play.

**Ball Game Version:** Play the exact same set of rules above, except use a throwing ball instead of a disc for the game.