



Australian Government
Australian Sports Commission

EASY MED HARD



Blanket ball

A court game where a ball is passed over a net using a blanket. The receiving team tries to keep the ball off the floor. (Play with 6 or more.)

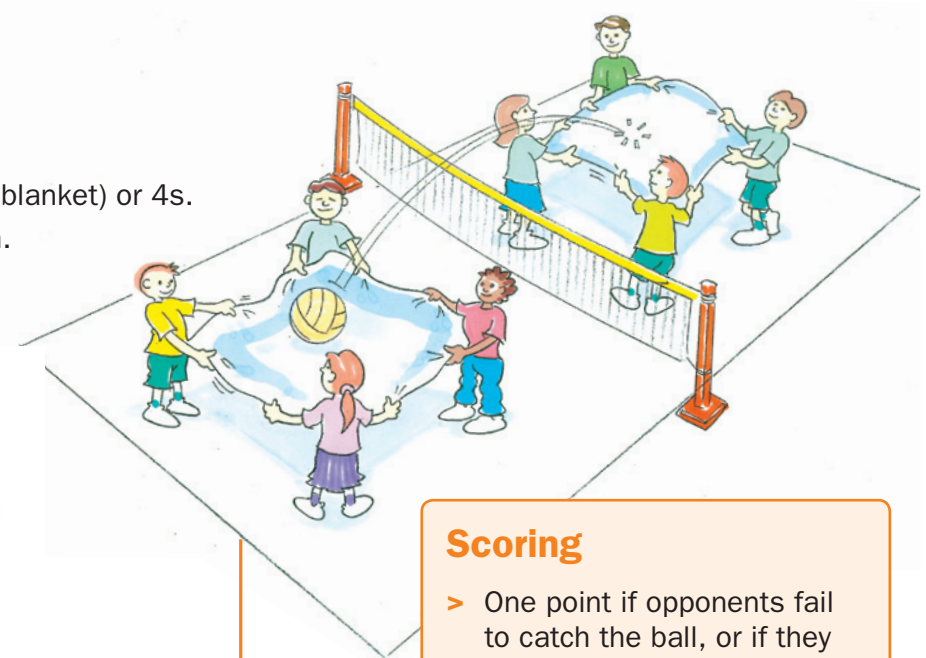
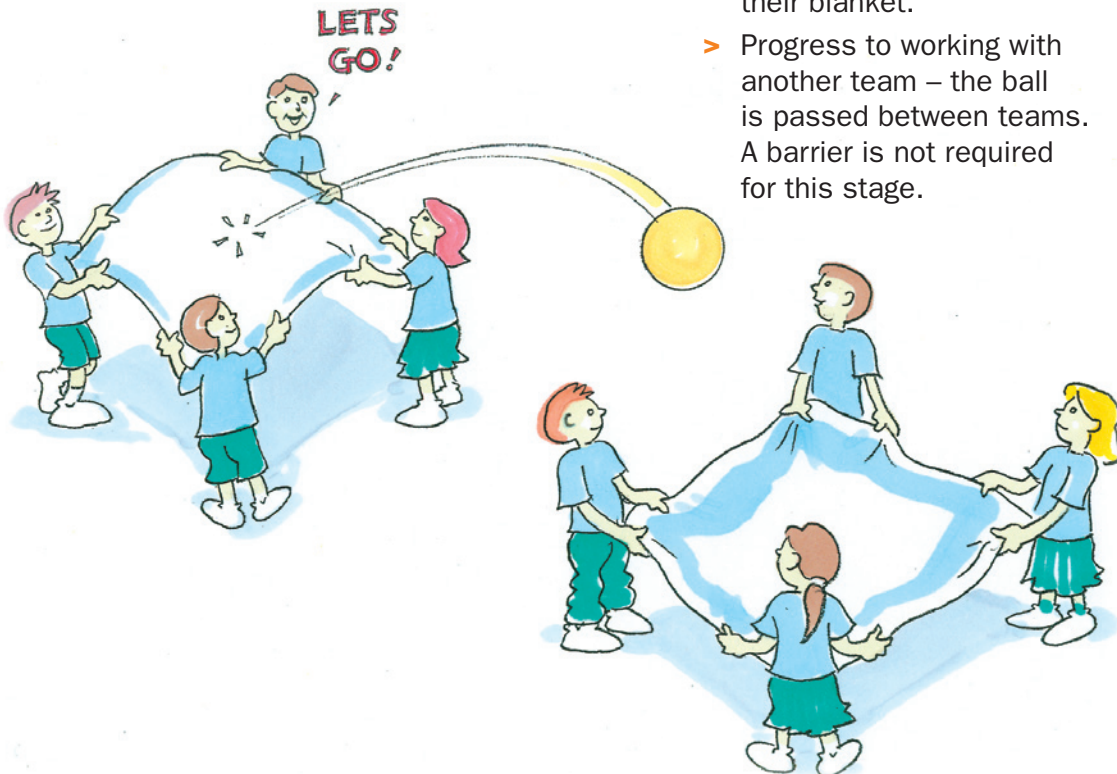
What you need

- > Lightweight ball or beach ball
- > Suitable indoor or outdoor playing space
- > Net or 'no-go' barrier
- > Blankets, sheets or large plastic bags

What to do

Cooperative warm-up

- > Work either in pairs (smaller blanket) or 4s.
- > Teams begin with a ball each.
- > Each team practises tossing and catching their ball in their blanket.
- > Progress to working with another team – the ball is passed between teams. A barrier is not required for this stage.



Scoring

- > One point if opponents fail to catch the ball, or if they pass the ball out of court.

Over-the-net play

- > The ball is passed over the net between teams.

LESSON LINK

Blanket ball requires players to work cooperatively to coordinate the return.

SESSION PLANS

Combo > Start out WC 08a + Start out NC 02b + Get into it NC 01
Mixed combo > Start out WC 08a + Get into it TG 06 + Get into it NC 01

Blanket ball

Skills > Cooperative activity · Communication

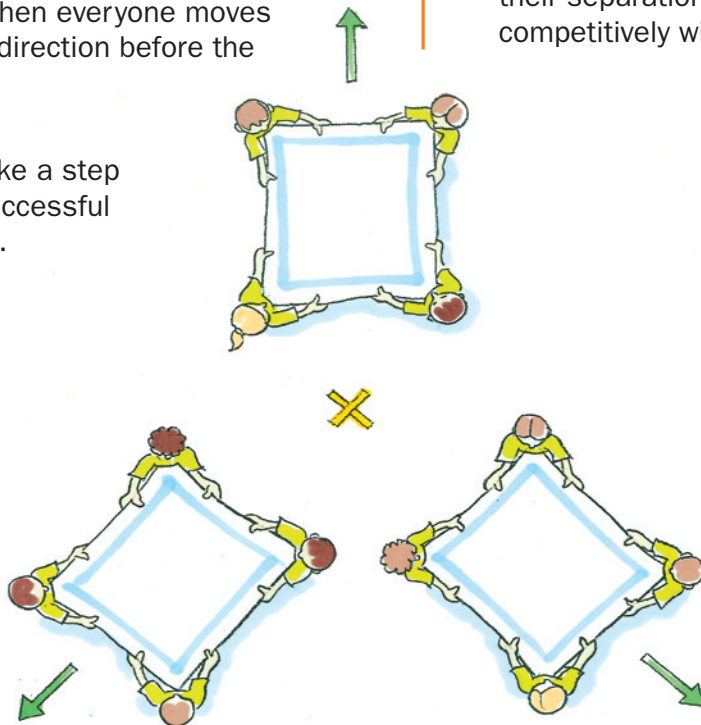
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Coaching

- > This activity requires a high level of cooperation both in moving with the blanket and in tossing the ball. Use the cooperative warm-up to allow players to explore this aspect fully.

Warm-up variations

- 1 Use a slower-moving beach ball.
- 2 Toss for height.
- 3 Toss the ball, then everyone moves in a clockwise direction before the ball is caught.
- 4 Use 2 balls.
- 5 Teams each take a step back after a successful toss and catch.



- 6 Pass it on – several teams line up in a row and the ball is passed down the line and back.
- 7 The ball is tossed off-centre and the group moves to recover the ball. Ensure sufficient free space without other players or obstructions.

Game variations

- > Court size and shape.
- > Net height or size of 'no-go' barrier.
- > Variations where teams try to maximise their separation can be played competitively with parallel teams.

Safety

- > A smooth surface and playing area free from obstructions.
- > The court should be an appropriate size for the number and ability of players with adequate separation between groups.
- > In activities where players move with the blanket, adopt an appropriate class management strategy to avoid collisions/falls.



ASK THE PLAYERS

- > 'What is the best way to toss the ball?' Combine the question with a role-model demonstration.
- > 'How much separation can be gained without dropping the ball?' (Warm-up variation 5)