



Australian Government
Australian Sports Commission

EASY MED HARD



Keep the ball up

A A group of players try to keep a ball off the ground by passing it to each other. (Groups of 3 or more). May be played in a pool.

Scoring

- > Not scoring is an option, alternatively, how many consecutive passes without the ball touching the ground?

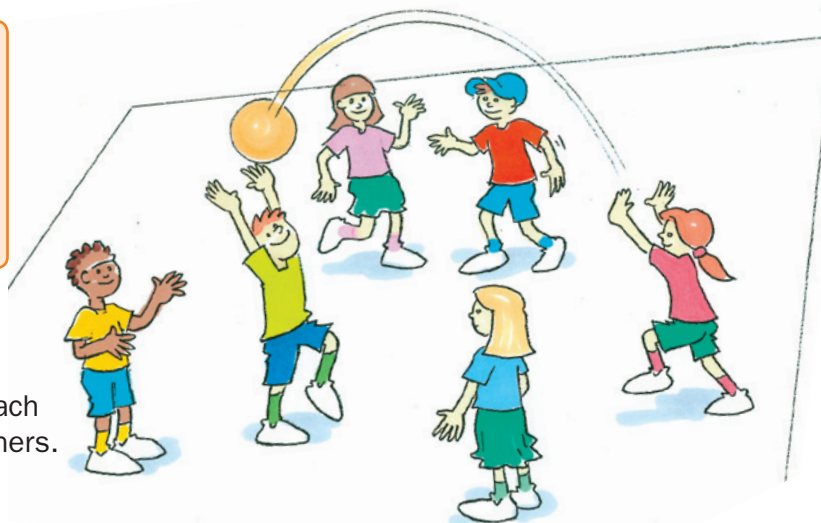
What to do

SETTING UP

- > Choose a medium sized ball. A beach ball or similar is suitable for beginners.

PLAYING

- > Start with a free-play version – rules can be decided later.
- > Introduce rules as required with **Change it**.
- > Encourage a variety of passes – ‘hot potato’, where the ball is immediately hit away is a useful variation.



Change it

- > **Play 2 v 2** – decide whether you want the no-go space between pairs to be out of bounds. Decide whether both players must touch the ball before it is returned. Is a 3rd or 4th touch allowed before return?
- > **Other combinations** – 2 v 3, 2 v 4.
- > **Vary the** – type and size of ball including balloons, type of pass, allowable number of consecutive hits per person. A smaller playing area assists players with coordination or mobility restrictions.



- > Modify the game by allowing any suitable pass to and from a player with less developed skills or restricted movement.
- > E.g. Player 1 passes to Player 2 who catches the ball, makes an appropriate pass to Player 3 who immediately returns the ball to Player 2 and the game continues.



Safety

- > Choose a flat, obstacle-free playing surface
- > Ensure players know what to do if a ball strays into another group.
- > Encourage players to call ‘mine’.
- > The pool depth should be appropriate to the aquatic skills of the players.
- > Play the pool game away from the pool walls.

LESSON LINK

This activity emphasises a variety of methods for keeping a ball off the ground, particularly overhead passing. The 2 v 2 form receiving and passing are further refined. Related cards Get into it NC 04 and 05.

SESSION PLANS

Mixed combo > Start out WC 03b + Start out NC 02a + Get into it SF 01