



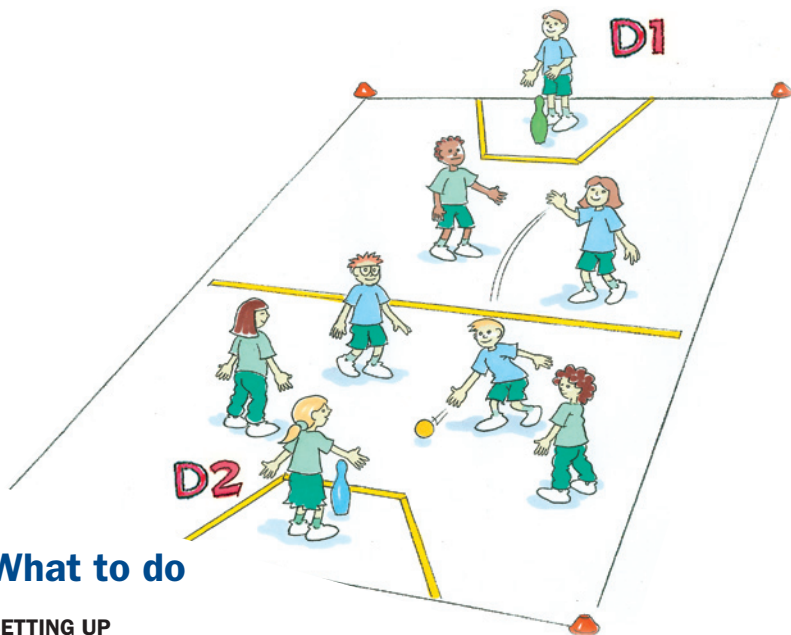
Australian Government  
Australian Sports Commission

EASY MED HARD



# D1 and D2

Two teams with a skittle-defender and a skittle in a goal circle at each end. The team with the ball passes it to team-mates until one is close enough to a skittle to knock it down with a throw.



## What to do

### SETTING UP

- > Teams of up to 4 players, one team with bibs.
- > Establish a playing area with two goal circles, each with a skittle as shown.
- > Use a medium sized ball.

### PLAYING

- > One team (attackers) starts with possession at the centre.
- > **Attackers** move the ball around by passing without running and must attack from outside the circle.

- > Attackers – can only hold the ball for up to 5 seconds.
- > **Defenders, D1 and D2** – each team has one defender inside a circle, who guards their marker. Defenders are not allowed to touch the markers.
- > The other defenders try to intercept the ball.

Ask the players:

- > **Attackers** – ‘Where can you move to score a point quickly?’
- > **Defenders** – ‘Where can you go to make interceptions?’
- > **D1 and D2** – ‘What position do you need to be in to stop a goal?’

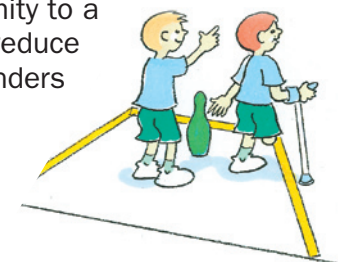
## Scoring

- > One point for each strike

## Change it

- > **Easier** – a good warm-up is to start without nominated defenders in the goal circles – that is, all players are dispersed over the court.

- > Vary the size of ball, easier for attackers – defenders at least 1m away from player with ball, reduce time allowed to hold ball, vary the pass, roll the ball, vary the target – size and type, vary the size of the playing area, or goal circle.
- > **Restrict passing** – e.g. below shoulder height.
- > **Roll ball** to score.
- > The goal circle provides a good opportunity to involve all players. In some cases two defenders may be placed in a goal circle.
- > A less coordinated or mobility restricted attacker might work in close proximity to a goal. If necessary, reduce the number of defenders to make unequal team sizes.



## Safety

- > Choose a flat, smooth obstacle free surface.
- > Use **Change it** to accommodate different player abilities.

### LESSON LINK

D1 and D2 requires accurate throwing to hit a target and invasion games skills of finding or creating space.

SESSION  
PLANS

Combo > Start out WC 04a + Get into it INV 01 + Get into it TG 12  
Mixed combo > Start out WC 04a + Start out TG 06 + Get into it TG 12