



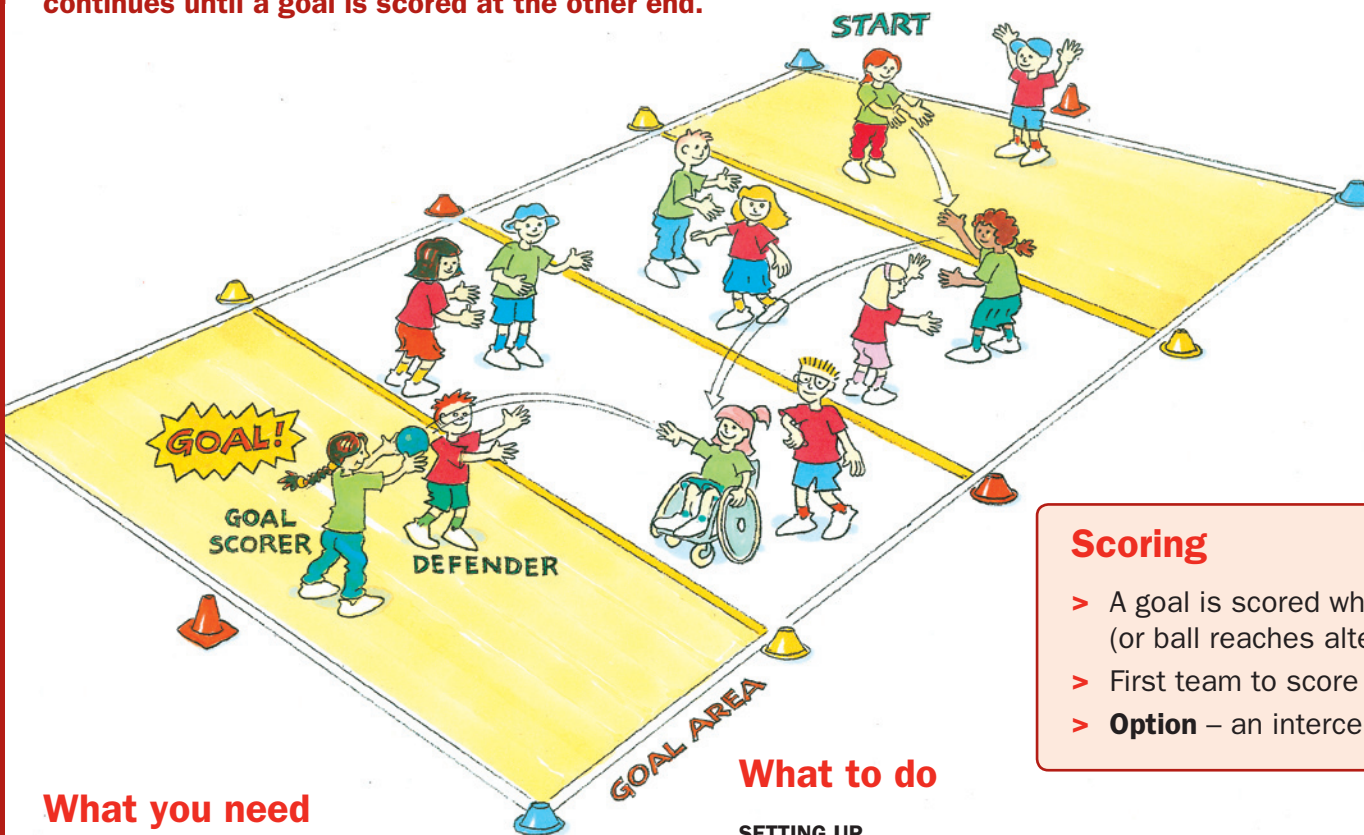
Australian Government
Australian Sports Commission

EASY MED HARD



End to end

Players from 2 opposing teams are paired off and spread the length of the court. On a signal, the player with the ball at one end passes the ball to a team-mate in the next zone. This continues until a goal is scored at the other end.



What you need

- > Indoor or outdoor playing area as shown
- > 12 zone markers
- > 2 goals such as witch's hats, plastic bins, netball goal rings
- > 1 medium-sized ball

What to do

SETTING UP

- > Form 2 even teams, one with bibs.
- > Players pair up with a member of the opposing team.
- > Players distribute themselves in pairs – one pair in each goal area and the other pairs evenly distributed across the zones.

PLAYING

- > The goal defender of the attacking team starts with the ball.
- > The ball must be passed to a team member in each zone.
- > Defenders try to intercept the ball.
- > The goal scorer (attacking player) is the only player who can shoot for a goal. Rotate this position after each goal is scored.
- > No running with the ball; alternatively, a player can run with the ball until tagged, then must pass within 5 seconds.

Scoring

- > A goal is scored when a cone is hit (or ball reaches alternative target).
- > First team to score 3 goals wins.
- > **Option** – an intercept scores a point too.

LESSON LINK

End to end builds on introductory invasion activities requiring passing. The game requires close marking, creating space and anticipation. A useful lead-in to games like basketball, netball and football codes.

SESSION
PLANS

Combo > Start out WC 04b + Start out INV 03 + Get into it INV 04
Mixed combo > Start out WC 04b + Start out TG 02 + Get into it INV 04

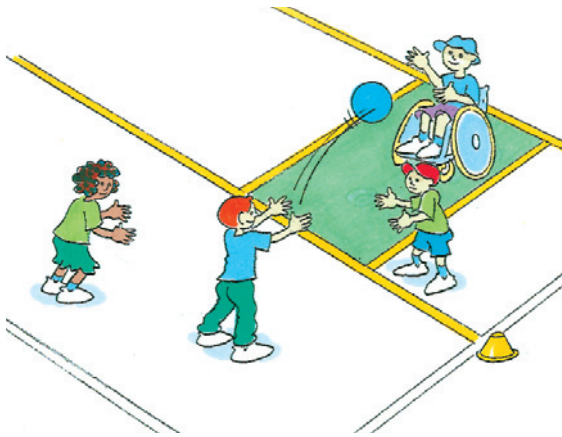
change it...

Coaching

- > Highlight to the whole group good examples of passing and space finding/interception.
- > Ask the players for ideas to ensure all players are included.

Game rules

- > Include everyone – use an interceptor-free zone to assist in this, if required.



- > Experiment with a variety of passes – tell players which pass to use, or allow players to choose.
- > Scoring is changed so that, provided the ball reaches a player at the scoring end (catch optional), the goal is counted.

EASIER

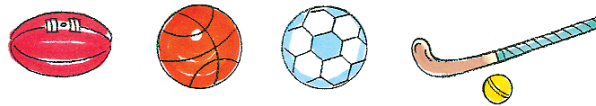
- > Defenders (without ball), must stay at least 1m from the player with the ball.
- > Allow up to 3 steps with the ball – who is this easier for?
- > Play with uneven teams: fewer defenders.

HARDER

- > The ball can only be thrown in the direction of the goal – i.e. it cannot be passed backwards in a zone.
- > Limit the time for passing the ball to 3 seconds.

Equipment

- > Use different balls – vary size, shape, density and hardness.

ALTERNATIVES**Playing area**

Adjust the size and number of zones to suit the size of the group.

Safety

- > Ensure adequate space for the number of players.
- > Players should have done space/ player awareness activities before playing (e.g. Start out WC 03a,b). This is important if the zones are made smaller.
- > No body contact.
- > Ball cannot be taken out of the hands of a player.

**ASK THE PLAYERS****Throwers**

- > ‘What can you do to ensure your team keeps possession?’
- > ‘How can you deceive the interceptors?’

Catchers

- > ‘What can you do to ensure you receive the ball?’