



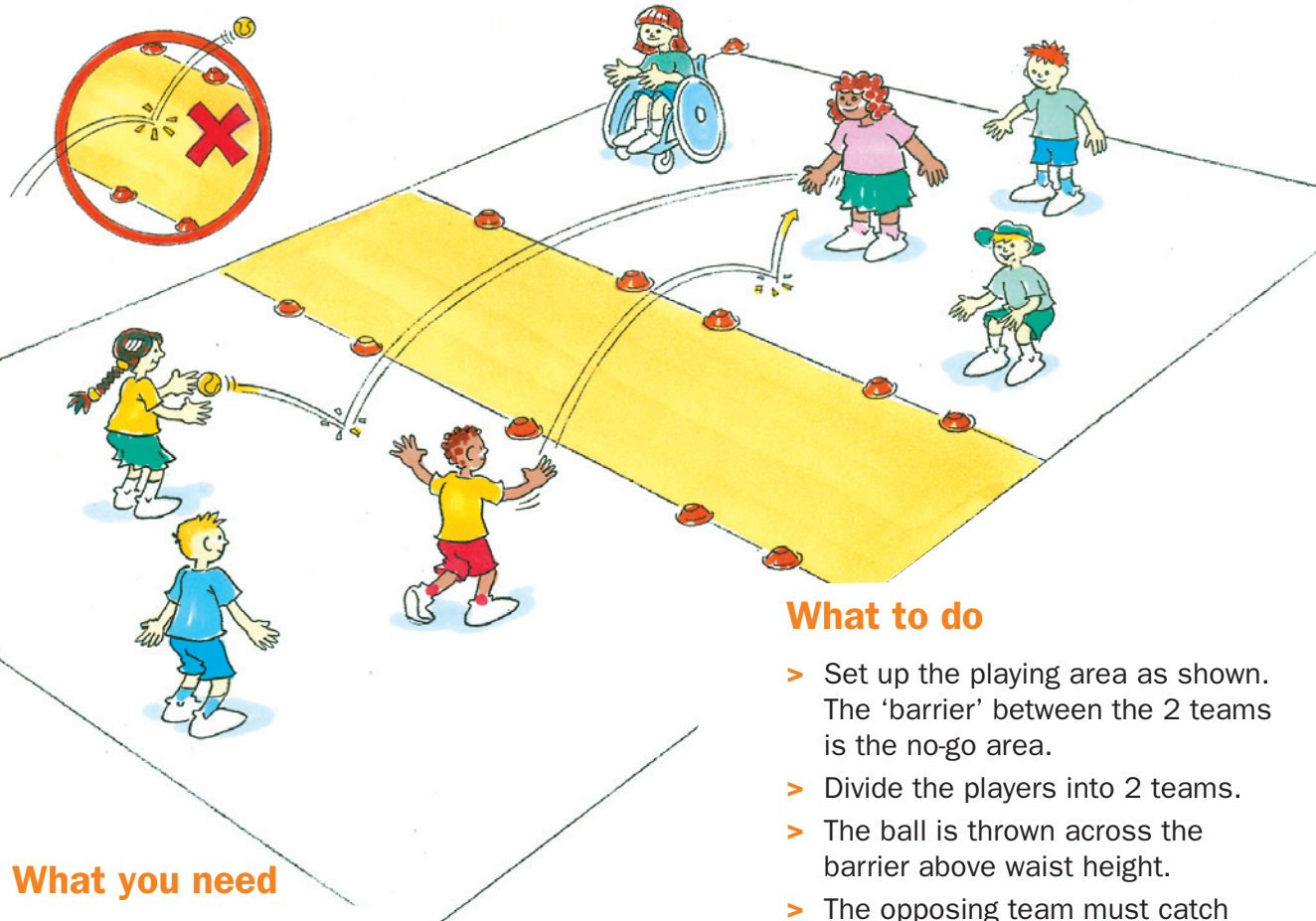
Australian Government  
Australian Sports Commission

EASY MED HARD



# No-go

Players are divided into 2 teams separated by a 'no-go' barrier. The ball is thrown across the barrier. The opposing team must catch the ball and send it back.



## What you need

- > Indoor or outdoor court
- > Variety of balls of different size, weight and hardness
- > 14 marker cones

## What to do

- > Set up the playing area as shown. The 'barrier' between the 2 teams is the no-go area.
- > Divide the players into 2 teams.
- > The ball is thrown across the barrier above waist height.
- > The opposing team must catch the ball on the full or after one bounce and send it back.
- > Players must catch and throw in one movement.

## Scoring

Teams score points when:

- > the ball touches the ground twice on the opponent's side
- > the opponents send the ball out of court
- > the ball lands in the 'no-go' area from an opponent's last touch.

Score to an agreed number of points (e.g. 10) or set a time limit (e.g. 5 minutes).

## Change it

**Introduce passing** – maximum of 3 touches – ball must cross the barrier on the third touch.



## LESSON LINK

Use *No-go* as an inclusive activity to develop throwing and catching skills, 'court sense' and ball placement.

SESSION PLANS

Combo > Start out WC 10b + Start out CP 07a or Start out NC 01 + Get into it NC 03  
Mixed combo > Start out WC 10b + Get into it TG 07 + Get into it NC 03

Skills > Basic concepts of attack, defence & team work · Use of space to advantage  
Throwing & catching skills · Player communication, space & awareness of other players

## change it...

### Coaching

- > Players should visually track the ball as early as possible.
- > Players try different formations to cover their side of the court.

### Game rules

- > **Remove the 'one bounce allowed' rule** – as players' reactions improve.
- > Identify specific target areas where points are scored, or count double.

### Equipment

**Easier** – use slower balls, e.g beach balls or even large balloons.

**Harder** – use smaller/faster balls.

### Environment

- > **Vary the size of the court according to the number and ability of players** – a small court makes it easier to get to a ball but needs more player communication.
- > **Change the size of the 'no-go' area** – a larger 'no-go' area makes it harder, a smaller 'no-go' area requires greater accuracy.



### Safety

- > Make sure players are aware of the capabilities of others in the group.
- > Encourage players to call 'mine!' when taking a catch.



- > Ensure sufficient space between courts.

### ASK THE PLAYERS

Ask the players to agree to rules that ensure everyone is included and has a role in the game.

#### Catchers

- > 'What can we do to ensure the whole court is covered?'

#### Throwers

- > 'How do you throw the ball to ensure a long rally?' (cooperative play)
- > 'How can you use passing to your team-mates to help you score?'