



Australian Government
Australian Sports Commission

EASY MED HARD



Numbers

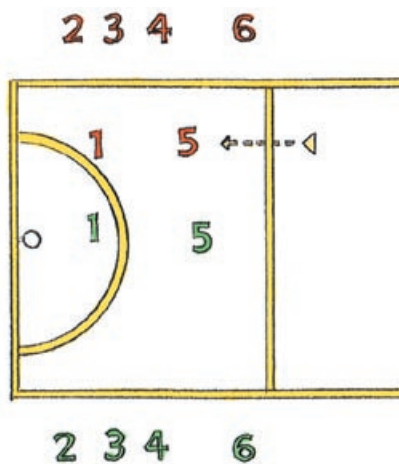
Two even teams play. Each team stands in the goal third on the opposite sideline of the court and each player receives a number. Call out 2 numbers. The players with those numbers then run into the playing area and contest the ball you have thrown or rolled onto the court. The player who gains possession, and their partner, become the attackers, while the others become defenders. The attackers try to score a goal. (Play in 2 teams of 6 or 8 players.)

What you need

- > An indoor/outdoor area
- > Markers to define the playing area
- > 1 goal (e.g. a netball ring, basketball hoop, bin or wall target)
- > 1 netball/basketball (or similar ball)
- > Bibs for each team

What to do

- > Divide players into groups of 6 or 8.
- > Each group stands on opposite sides of the playing area.
- > Give each player a number (with a corresponding number on the other team).



- > Randomly call 2 numbers (e.g. 1 and 5). Those two players from each team run into the playing area while all other players stay on the sideline.
- > The first number called is the only player allowed to contest the ball.
- > Roll or throw the ball into the playing area. The nominated players contest the ball to gain possession.
- > The team with the ball become the attackers and the other team the defenders. The attacking team tries to score a goal.
- > If defenders intercept the ball, they pass it back to you. Defenders then become attackers.

Scoring

- > The attacking team scores 1 point for 5 consecutive passes without the ball being intercepted, or for shooting a goal.
- > The first team to score 10 points wins.

LESSON LINK
Numbers links to activities requiring defending, marking and shooting and can be modified for netball, basketball, soccer or hockey.

SESSION PLANS

Combo > Start Out WC 09A + Get Into It INV 10 + Get Into It INV 14
Mixed combo > Start Out CP 03 + Get Into It TG 11 + Get Into It INV 14

change it...

Coaching

- > Introduce new game rules as situations arise, as players can easily learn any new rules in the course of play.
- > Use players as role models to highlight competent skills.

Playing area

- > Use the whole court when all players are involved.

Game rules

- > The attacking team must make one pass to team members on the sideline, who then pass the ball back.
- > When a team gains possession at the start of the game, all players join in using a full court. Only 2 attackers are allowed in the goal circle. The team that gains possession chooses which goal to shoot for.

Equipment

- > Have a sport-specific focus — change the ball/implement to suit the sport (e.g. basketball, soccer, hockey).

ALTERNATIVES**Safety**

- > Players waiting on the sideline should be a safe distance away to avoid interference with play.
- > Allow players to clear the court before calling new numbers.
- > No contact is allowed between players.
- > The ball cannot be taken from another player's possession.

**NO CONTACT****NO STEALING****ASK THE PLAYERS**

- > When attacking, what tactics could you use to improve the chances of getting the ball into the goal circle?
- > When defending, what should you do to have a better chance of intercepting the ball?