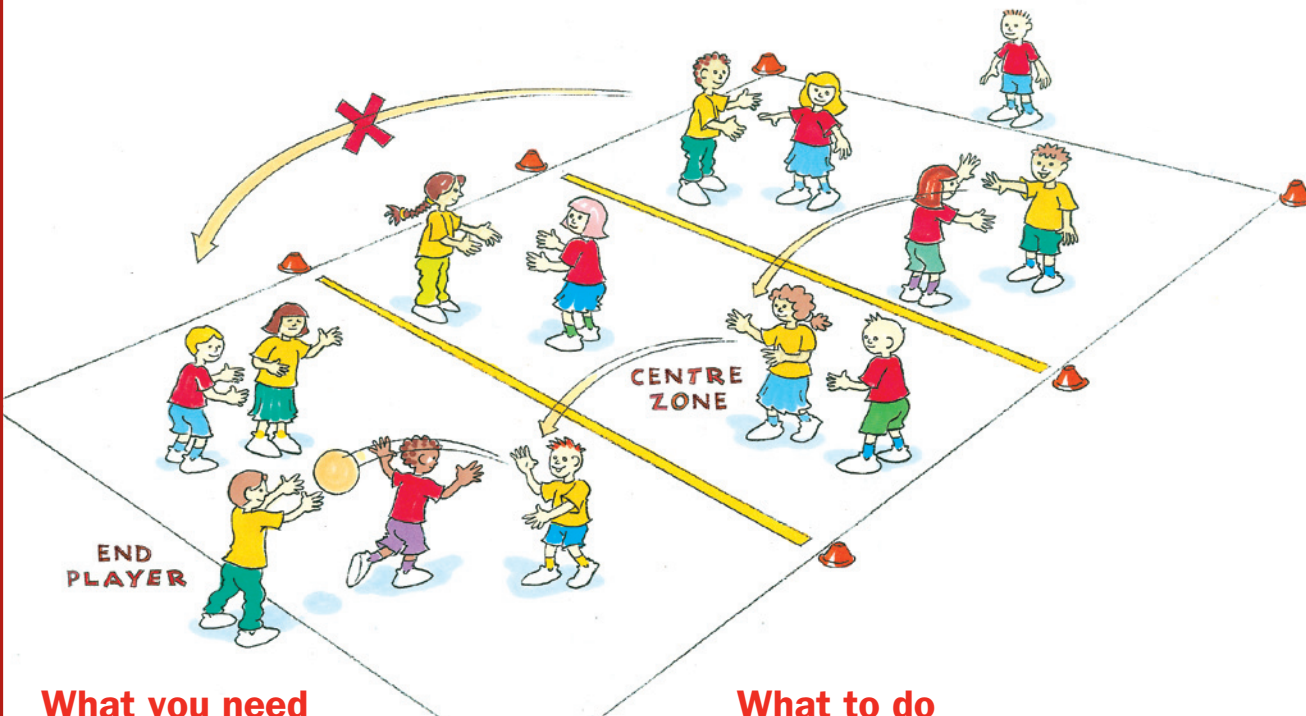Australian Government
Australian Sports Commission

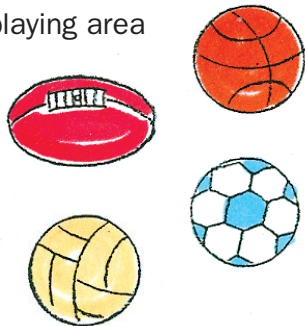EASY   MED   HARD

INDOOR FRIENDLY

End ball

One player starts in the centre zone of the court with the ball, and passes the ball to team mates in each zone. The object is to get the ball to the end player.

CENTRE ZONE

END PLAYER

What you need

> Indoor or outdoor playing area
> Variety of balls
> Marker cones
> Coloured bibs

What to do

SETTING UP

> Form 2 teams and a playing area with 3 zones. Players are paired off in each zone as shown.
> Each team sends a player to patrol the opposite end line (behind the line). Rotate this position.
> The game starts with one player in the centre zone in possession.

PLAYING

> Players can pass in any direction – no running with the ball.
> Begin by using 'netball' rules – pass and move, no travelling with the ball.
> No end-to-end passing – ball must pass through each zone.

Scoring

> A point is scored if the end player catches the ball on the full.
> Alternative – to promote inclusion, make the catch optional.

LESSON LINK

End ball links to activities requiring defending and marking. *End ball* can lead on to netball, basketball, rugby or soccer.

End ball

Passing/catching · Interception/defending · Marking/escaping a marker · Finding space to receive & make a pass · Communicating & cooperating

change it...

COACHING · HOW TO SCORE · PLAYING AREA · NUMBER OF PLAYERS · GAME RULES · EQUIPMENT · INCLUSION · TIME

Coaching

> Pair players with opponents of similar ability to increase participation.
> Monitor ball movements through the zones.

Game rules

> A set number of passes must be made before the ball can be passed to the end player.
> Match players in ability zones to increase their participation.
> **Use sport-specific rules** – e.g. basketball, rugby.
> **Harder for passer** – vary the pass according to player ability.
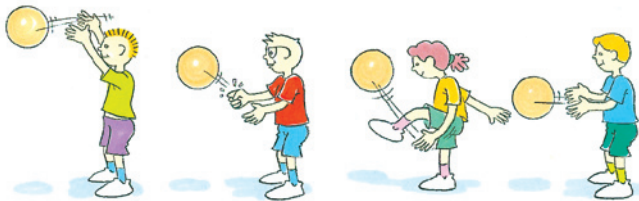
Equipment

> **Use different balls** – what happens to the game when a smaller ball is used?
> **Sports-specific equipment** – basketball, rugby or soccer ball.
> Instead of having end-line players, use targets such as hoops or skittles behind the line.

Playing area

> Play 'cross court' – e.g. end players stand on the long line of the court and play is 'across' the court. How is this likely to influence scoring?
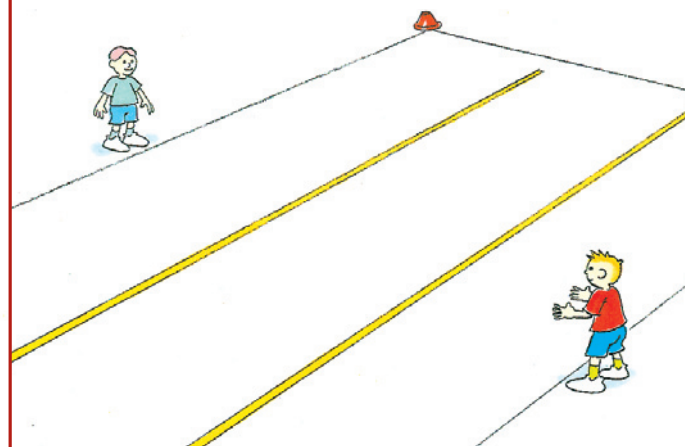
> How can the playing area be configured to maximise participation?

Safety

> Ensure the players understand the need to play sensibly so as to avoid physical contact.
> Match player roles to player abilities.

ASK THE PLAYERS

> 'How does decreasing the playing area change the play?'
> 'What can the passers do to keep possession if the space is restricted?'

When a passer has the ball

> 'Where will you aim to pass the ball?'
> 'How close will you get to the interceptor before passing the ball?'

When your team-mate (passer) has the ball

> 'Where will you move to receive the ball?'