



Australian Government  
Australian Sports Commission

EASY MED HARD



# Shuttle ball

**A** A cooperative game. A ball is thrown to a catcher. The thrower runs to take the place of the catcher and the catcher in turn runs to join players at the thrower's line. (Teams of 3 or more.)



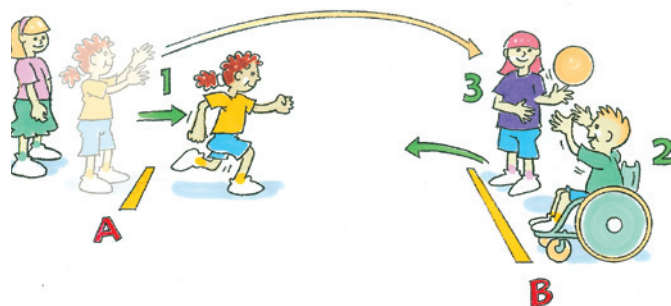
## What to do

### SETTING UP

- > One ball per team of players
- > Markers or tape to identify 2 lines about 3 metres apart

### PLAYING

- > Player 1 throws the ball to Player 2 and then runs to Line B.
- > Player 2 throws the ball to Player 3 and then runs to Line A.
- > Repeat this pattern until the 'stop' signal is given.



## Change it

- > A player with limited mobility or passing ability (player 2) could start at line B with a team-mate (player 3). The first throw is sent to player 2, who passes it to player 3.
- > The game continues with player 3 running back to line A with the ball and player 4 passing to player 2 and running to line B to repeat the pattern.
- > Throw at any time between lines A and B – *underarm* and *slow* is better.

- > Vary the locomotion between lines (see e.g. *Rally around*, Start out NC 04).
- > **Other** – vary the distance between the lines, vary type of pass, roll the ball, use preferred or non-preferred hand.
- > Vary the type of ball.

## Safety

- > Use **Change it** to adjust activity to the ability of the group.
- > Ensure players are not close to walls or other obstructions.
- > Players should know what to do if a ball escapes their group.



### LESSON LINK

*Shuttle ball* combines introductory throwing and catching with agility. See also Start out CP 03.

SESSION  
PLANS

Mixed combo Start Out CP 01a + Get into it NC 03 + Get into it SF 06