



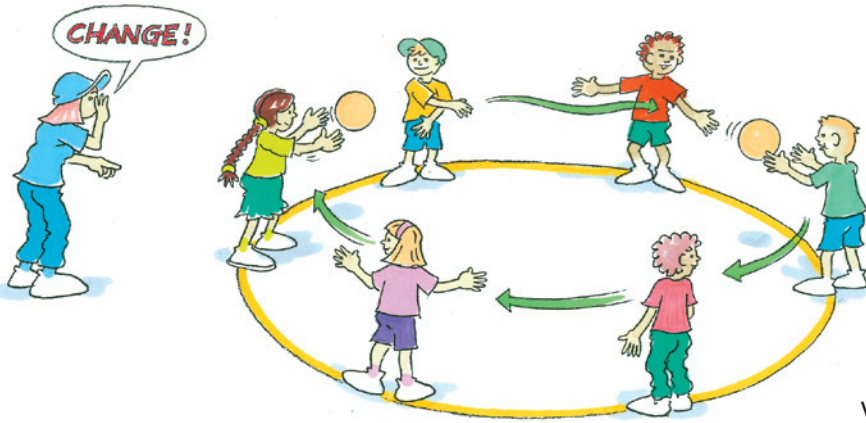
Australian Government  
Australian Sports Commission

EASY MED HARD



# Run the circle

**Cooperative passing.** Players form a circle with 2 balls. The balls are thrown from player to player. The aim is for one ball to catch up to the other. An easy version starts with hand to hand passing. (Play with 6 or more.)

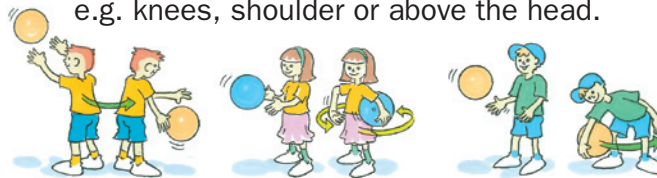


## Change it

- > A player with less advanced coordination and motor skills can be included by having another player standing close and sending a short throw or simply passing the ball.

## Game rules

- > **Vary the pass** – an easy version starts with the players close to one another and passing the ball, hand to hand. Use different levels, e.g. knees, shoulder or above the head.



## What to do

### SETTING UP

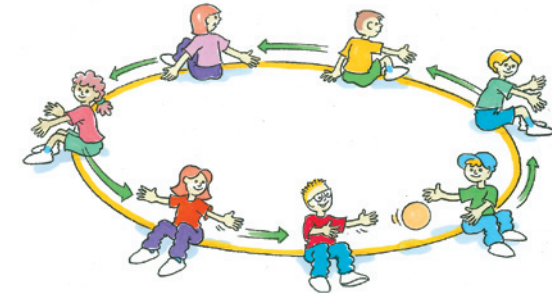
- > Play on dry land or in a suitable pool.
- > Use 2 balls for each circle of 6–8 players – separate the balls by several players.

### PLAYING

- > Pass the balls around the circle, trying to overtake the ball in front.
- > Call 'change' to change the direction.
- > Players should be spaced to suit the pass being used.

- > **Catch, do something and throw** – e.g. bounce, around the body, through the legs.
- > **Three balls**
- > **Beat the ball** – the coach calls a player ahead of receiving the ball. The nominated player passes the ball and runs the circle trying to beat the ball. The size of the circle may need adjusting. (This would be difficult in a pool.)

- > **From a sit** – throw or roll.  
Not a suitable pool activity!



- > **Catch ½ turn**



## Playing area

- > Bigger or smaller circle

## Safety

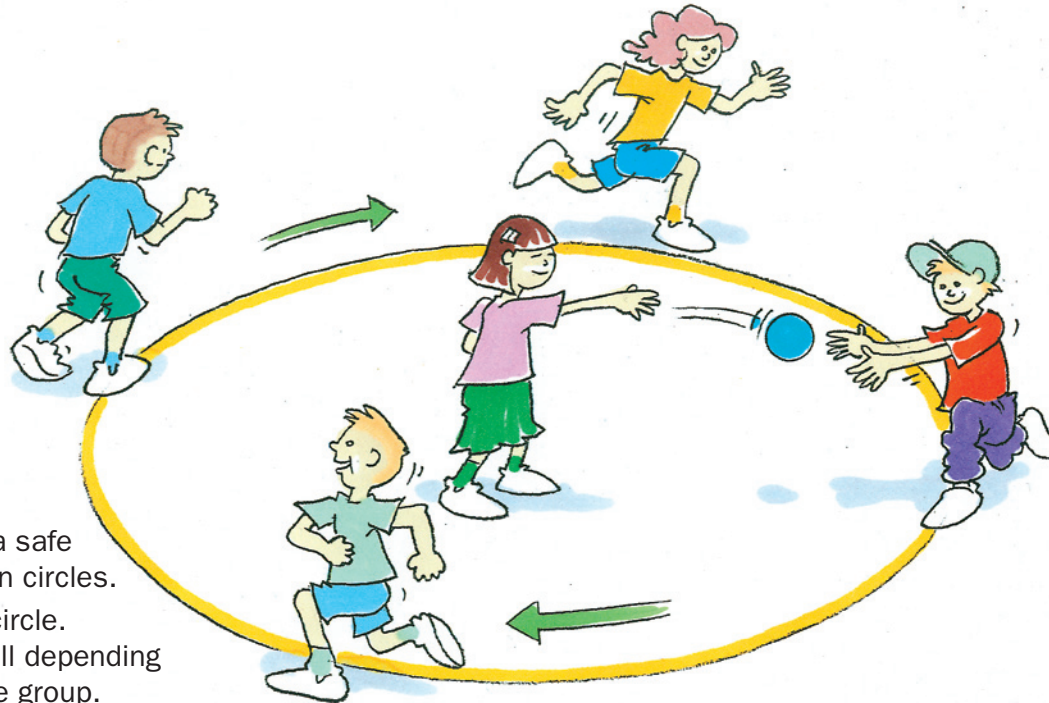
- > Choose a ball and distance to suit the level of the players.
- > Pool variations are chosen to suit the water readiness of the children.

**LESSON LINK** *Run the circle* is an introductory passing and catching activity. Different ability groups can be accommodated by the variations.

# Run the circle

Skills > Passing · Ball handling · Cooperation

This is a variation of *Run the circle*. **Cooperative passing.** Players walk or run around a circle receiving a ball from a feeder at the centre of the circle. An easy option starts with walking and rolling the ball.



## What to do

### SETTING UP

- > Form groups with a safe separation between circles.
- > One ball for each circle.  
Vary the type of ball depending on the ability of the group.

### PLAYING

- > Select a player to stand in the middle.
- > Start slowly and build up speed.
- > The players on the circle have to run in a clockwise direction whilst the feeder throws the ball to each in turn.
- > Receivers return the ball as they run.
- > Call '*change*' to change the direction of run.
- > Vary the feeder frequently.

## Change it

- > **Receive, bounce and return** – what else can you do with the ball before returning it?
- > **Other** – type of ball | type of throw including bounce pass | size of circle | maximum number in a given time | speed around the circle | type of locomotion.

- > Player 2, with limited mobility or less developed throwing/catching skills, stands just off the circle – distance and type of pass will depend on ability.



- > The receiver closest to player 2 (i.e. player 1 in the illustration) passes or hands over the ball to player 2.
- > Player 2 returns the ball to player 3, who in turn sends it back to the feeder.
- > The activity continues.

## Safety

- > Choose a ball to suit the ability of the players.