



Australian Government
Australian Sports Commission

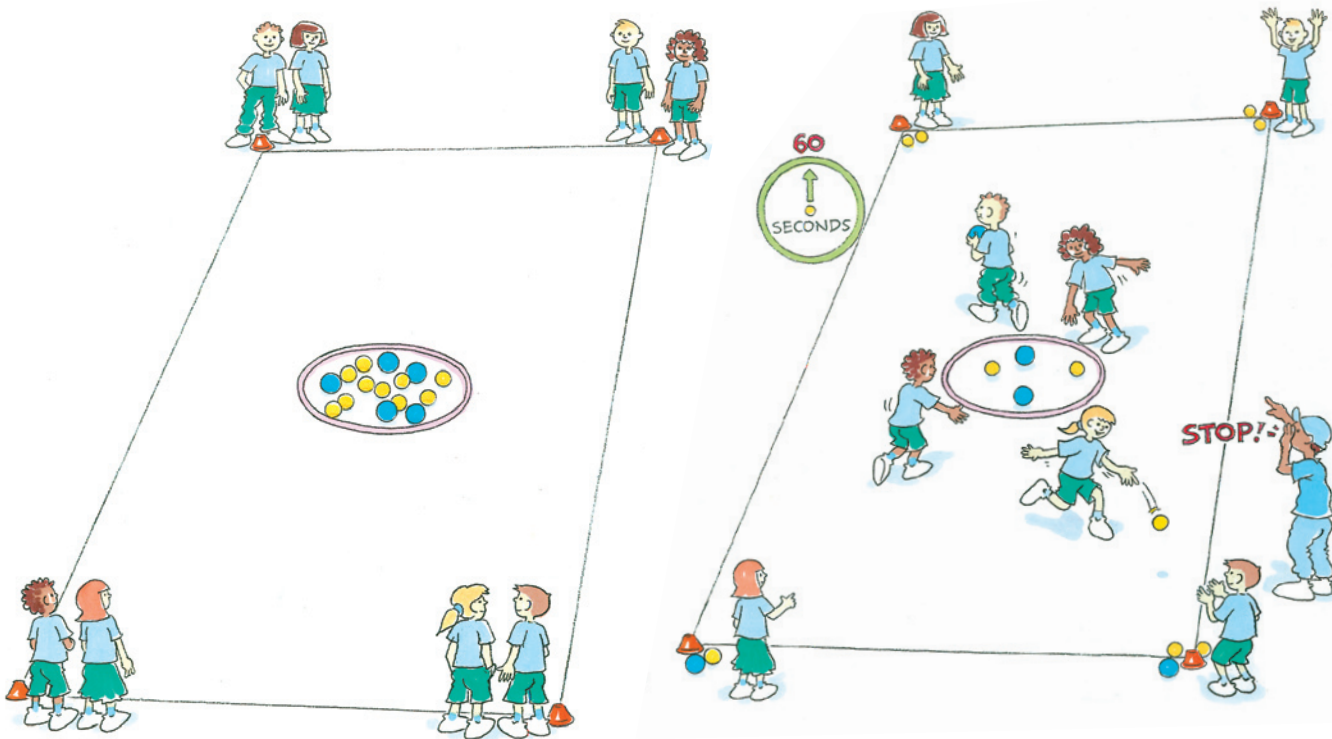
EASY MED HARD



ENERGISER

How many bean bags?

Players work in pairs. One player from each pair runs to a central point to collect one ball at a time and throw the ball back to their team-mate at their base and then tag the next player. The aim is to collect the most number of balls.



What you need

- > 15–20 balls of different size
- > 4 cone markers
- > Chalk or removable tape

What to do

- > Form 4 groups of 2.
- > Use an activity such as Start out WC 01a to group the players.

Use other combinations as required, e.g. 6 groups of 3, but adjust the playing space so it is not too crowded.

Playing the game

- > Teams collect as many balls as possible in the allotted time, e.g. 60 seconds.
- > When all the balls have been removed from the centre, the coach calls 'STOP!'

Variation

- > Replay the game, allowing all players to simultaneously collect and deposit balls without passing balls to a team-mate.



LESSON LINK

Use *steal the ball* as a warm-up for activities that require fielding skills.

SESSION
PLANS

Mixed combo > Start out WC 06 + Start out CP 06b + Get into it INV 03

How many bean bags?

Skills > Vigorous physical activity · Space & other player awareness · Fielding skills/agility · Player communication

change it...

Coaching

- > Encourage players to communicate with their team-mates.
- > Fielding requires chasing, retrieving, changing direction and returning. Warm-up activities like Start out CP2a help to develop agility.
- > Replace the 'throwing back to home base rule' with 'run back to home base and hand the ball over'.
- > **Work in pairs** – roll the ball back to home base, receiving player calls the direction if a player has limited vision.
- > Mobility-restricted players can be stationed at a base and receive thrown balls.

Game rules

- > First group to collect 5 balls.
- > Vary the locomotion – e.g. springing from 2 feet. You may need to reduce the time for collecting (e.g. 30 seconds).
- > Vary the method of transporting the ball – e.g. use legs to hold the ball, carry the ball under the armpit, hold the ball above the head.
- > Require a fun activity before returning to home base, e.g. figure of '8' with the ball between the legs.

- > Both players retrieve, but they form a train and maintain contact all the time.



Equipment

- > **Easier** – use soft balls, bean bags or a suitable light object, e.g. a teddy bear.
- > **Harder** – a mix of balls, which might include a light medicine ball, a large exercise ball or a rugby ball.

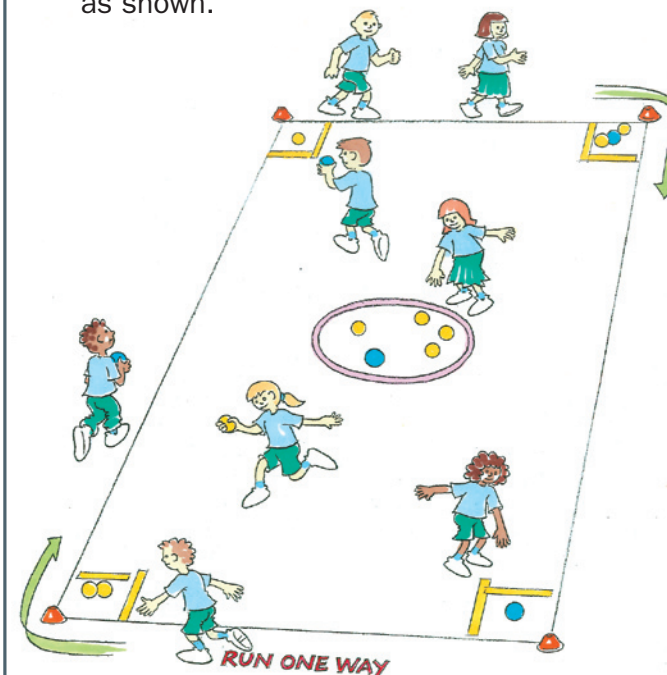
Playing area

- > **Smaller space** – makes it more 'crowded'.
- > **Larger space** – achieves increased activity levels.

Safety

- > Players should be familiar with space and other player awareness games with activities such as Start out WC 03a,b.
- > Players should look out for other players. Pause the game to remind players if necessary.

- > Use a braking activity to slow players as they approach the circle.
- > The circle in the middle should be large enough to avoid head collisions as shown.



ASK THE PLAYERS

- > 'How do you avoid collisions?'
- > 'What can you and your partner do to gather the most balls?' (e.g. players raid agreed bases)
- > 'Which pass will help you return most balls to your partner?'