



Australian Government  
Australian Sports Commission

EASY MED HARD



# Interceptor

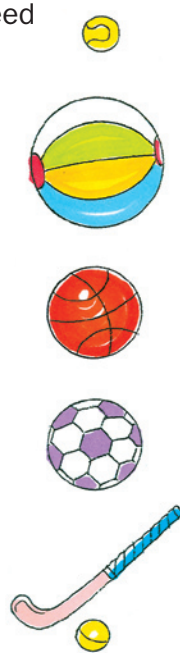
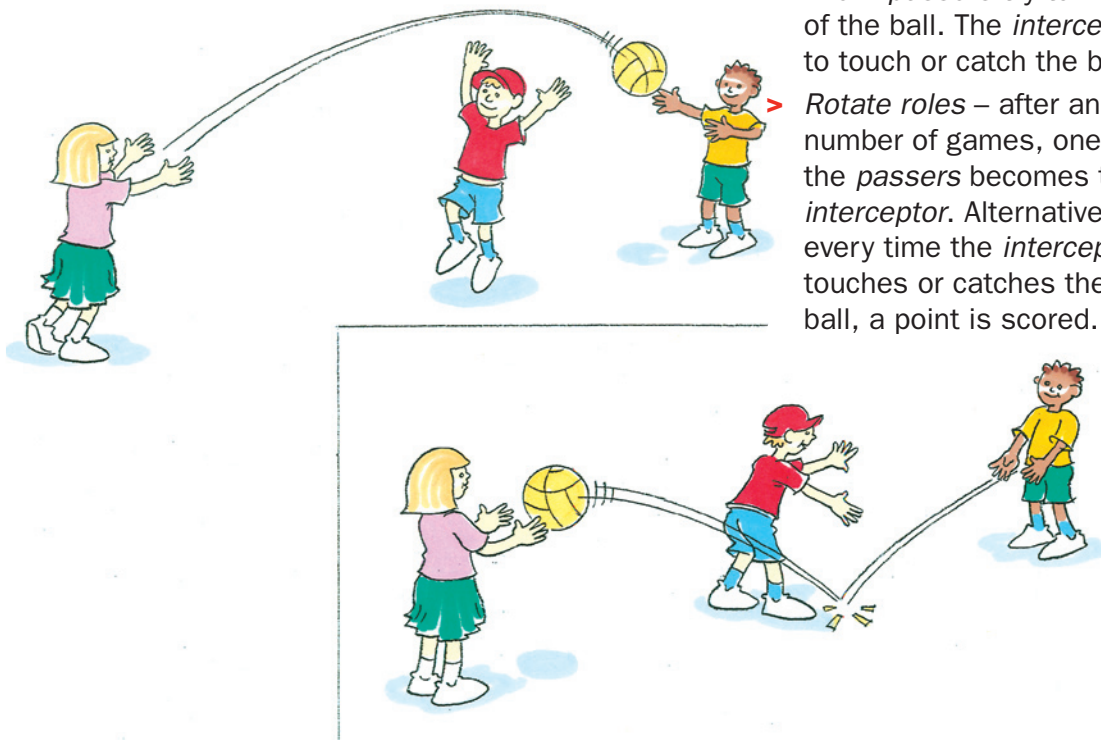
2 players pass a ball to one another. An opponent between the 2 players attempts to intercept the ball. Players change roles frequently.

## What you need

- > Any kind of light ball
- > Indoor or outdoor playing space (or pool)
- > 8 markers

## What to do

- > Divide the players into groups of 3 (see e.g. Start out WC 01a).
- > Each group chooses an *interceptor* – the other 2 are *passers*. The *interceptor* must stay on the line.
- > The 2 *passers* try to keep possession of the ball. The *interceptor* tries to touch or catch the ball.
- > Rotate roles – after an agreed number of games, one of the *passers* becomes the *interceptor*. Alternatively, every time the *interceptor* touches or catches the ball, a point is scored.



If you're playing in a pool you may need to adjust distances to make it easier for the interceptor or play 2 v 2.



Fun in the water

## Scoring

- > Not scoring is an option.
- > How many passes can be made in a specific time?
- > How long before the *interceptor* gets the ball?
- > How long can passers keep possession?

## Variations

Restrict the kind of pass, e.g. bounce pass only.

## LESSON LINK

*Interceptor* links to activities requiring defending and marking, and can lead on to netball, basketball, soccer or hockey. Try soccer hockey versions – allow dribbling.

SESSION PLANS

Combo > Start out CP 02a + Get into it INV 01 + Get into it INV 07b  
Mixed combo > Start out WC 08a + Start out CP 07a + Get into it INV 01

## change it...

**Coaching**

- > Ask each group to come up with its own system of communicating.
- > Include everyone – the principle to guide modifications is: *how can the game be modified so everyone can be included?*

**Game rules**

- > **Harder for the interceptor** – must catch the ball.
- > **Easier for the interceptor** – use zones for each passer. This enables them to pass without being challenged too closely by the interceptor.
- > **Harder for the passer** – restrict the kind of pass, e.g. bounce pass.

Try different combinations of *passers* and *interceptors*, e.g. 2 *interceptors* and one *passer* at each end.

**Equipment**

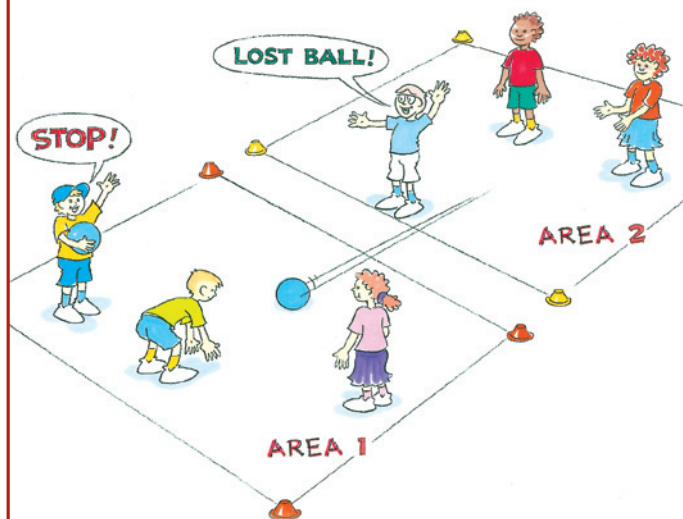
- > **Use different balls** – what happens to the game when a smaller ball is used?
- > **Sport-specific focus** – change the ball/ implement (basketball or soccer or hockey versions). Allow dribbling.

**Playing area**

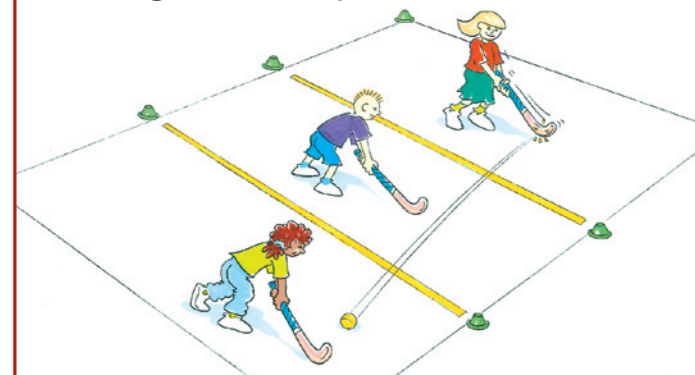
- > **Allow a bigger space for each group** – e.g. bigger may help the passers, smaller gives the interceptor more chance of success.
- > **Restrict the space for each group to play in.**

**Safety**

- > Ensure there is sufficient distance between groups.
- > Ensure that players are aware of other groups.
- > Players should signal to others if they are retrieving 'lost' balls.



- > If a *hockey stick* is used, choose a slow soft ball. Use zones for the passers to ensure safety. Restrict the height of swing of the hockey stick.



- > If a *soccer ball* is used, use zones and restrict the movement of kickers to 2 steps.
- > Ensure players are aware of the movement capabilities of everyone in the group.

**ASK THE PLAYERS****Passers**

- > 'What can you do to keep possession if 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?'