



Australian Government
Australian Sports Commission

EASY MED HARD



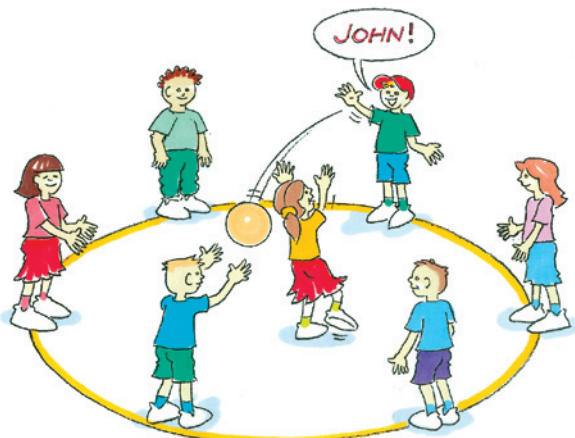
Names

Players in a circle throw a ball to other players in the circle. An interceptor inside the circle tries to intercept the ball. Only the interceptor can move. (Groups of 6–8 players.)

What you need

- > A playing area big enough for the circles of players
- > One medium-sized ball per group

- > This activity is also suitable for an aquatic setting.



What to do

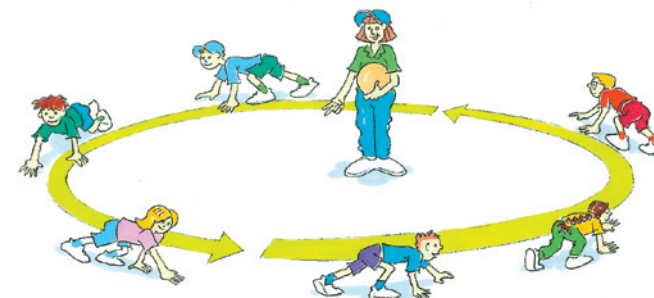
- > Players on the circles can't move.
- > The player throwing the ball calls out a name (the receiver) and passes the ball to that player.
- > If the ball is intercepted, the thrower changes places with the interceptor, or change after 4 throws.

Scoring

- > The group with the highest number of consecutive passes in a set time wins.

Variations

- 1 **Players decide on names** – cars, pop groups, movies, sports people.
- 2 **More than one interceptor**
- 3 **New circle positions** – After 2 successful consecutive passes, play is stopped and players move around the circle in the same direction 2 times to a new position. Play recommences. Vary the locomotion around the circle.



LESSON LINK

Names links to activities requiring throwing, catching and intercepting. It is an introductory activity for invasion and striking/fielding games.

SESSION PLANS

Mixed combo > Start out INV 02 + Get into it SF 08 + Get into it SF 04

change it...

Coaching

- > Because players don't run with the ball, the activity accommodates a wide range of ability levels.
- > Highlight good examples of throwing and catching. Ask the group why they think the pair has been chosen as role models.
- > Highlight good tactical passing or intercepting.

Game rules

- > **Type of pass** – vary the pass, e.g. include rolling.
- > **Restrict passing** – discuss with the group whether they would like to disallow passes to the person either side of them. Allow only certain passes.
- > **Bonus** – if passing to the person on either side is allowed and the ball is intercepted, this could give the interceptor a credit of one false call when in the throwing role.
- > **Time limit on ball contact** – e.g. 'hot potato' or 3 seconds before throwing the ball
- > **Restrict interceptor position** – the interceptor must stand at least one metre from the thrower.
- > **The coach calls out the numbers.**
- > **Use more interceptors.**

Equipment

- > **Use different balls** – vary size, shape and hardness.

ALTERNATIVES**Playing area**

- > Bigger or smaller circles.

**Safety**

- > Ensure adequate space for number of players.
- > Ensure adequate space between circles.
- > Agree on a 'lost ball' strategy, i.e. play stops until the ball is retrieved.
- > Players should have completed space/player awareness activities before playing (see Start out WC 03a,b).

ASK THE PLAYERS**Interceptors**

- > 'How can you increase your chances of intercepting the ball?'

Passers

- > 'How can you keep possession?'
- > 'How do you communicate with your team-mates?'
- > 'When will you use the long throw?' (Remember – longer means more air time.)