



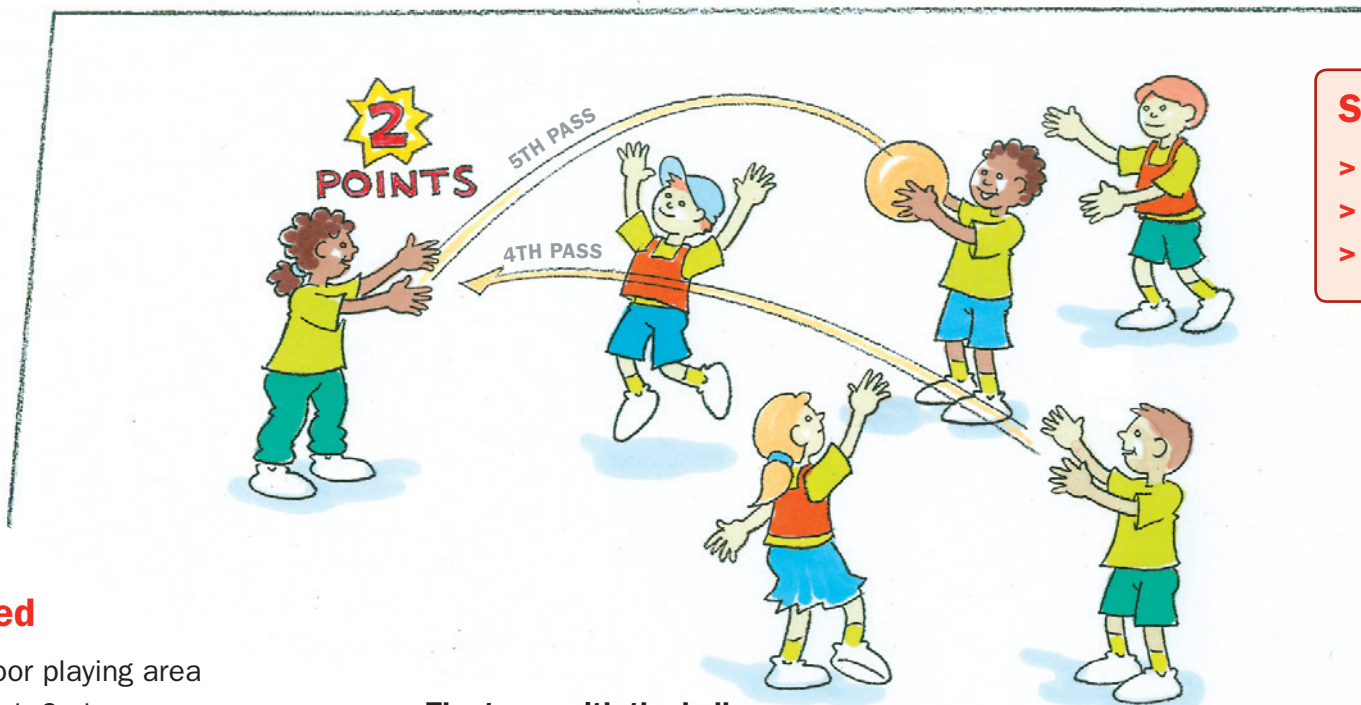
Australian Government
Australian Sports Commission

EASY MED HARD



Keep the ball

2 teams of 3 are distributed over the court. The team with the ball aims to make 5 passes between team-mates without the ball being intercepted.



Scoring

- > 5 passes = 2 points
- > 3 passes = 1 point
- > Vary the number of passes

What you need

- > Indoor or outdoor playing area
- > One ball for each 6 players
- > 3 bibs/sashes or alternative to distinguish players
- > **Harder variation** – hockey or softcrosse sticks

What to do

- > 2 teams of 3 (see Start out WC 01a for forming teams)

The team with the ball

- > Try to make 5 passes between team-mates – then change possession.
- > Travelling with the ball is limited to 2 steps.

The team without the ball

- > If the defenders prevent 5 passes being made, they score one point and become the attacking team.

Note – No contact between players. Ball cannot be taken out of the hands of a player.

LESSON LINK

Keep the ball links to activities requiring defending, marking and teamwork. Keep the ball can lead to invasion games such as: basketball, football codes, handball, hockey, netball, softcrosse/lacrosse, touch.

SESSION PLANS

Combo > Start out WC 09a + Get into it INV 01 + Get into it INV 10
Mixed combo > Start out WC 09a + Start out TG 06 + Get into it INV 10

Keep the ball

Skills > Interception · Close marking · Spacing, finding & closing · Communication between players/deception

change it...

Coaching

- > Ask the players how they can ensure all players are included.
- > After letting play run, spot any children who may need assistance on the side with throwing and catching skills.

Game rules

- > **Time in possession** – vary the time each player has in possession before passing it on, e.g. ‘hot potato’ (no holding) up to 5 seconds. (What variations in play may be necessary?)
- > **Moving with the ball** – allow running or bouncing but a tag by a defender causes a change in possession. (When will you run and when will you try to pass?)
- > **How many passes in a set time?** – possession stays with the same team for the set time limit (e.g. 45 seconds). The team without the ball counts how many times they can tag a player or intercept the ball.
- > **Change the team size** – try different combinations, e.g. 3 v 4, 2 v 3 etc. (this can be a good way to promote inclusion).
- > **Kicking** – the ball may be kicked instead of thrown.



Equipment

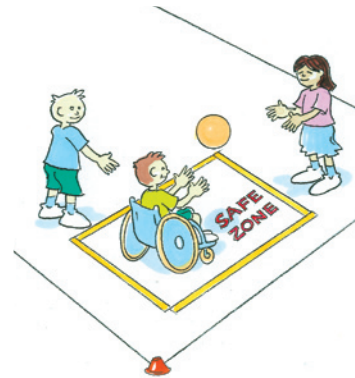
- > **Use different balls** – vary size, shape and hardness.



- > **Use equipment** to send the ball, e.g. hockey sticks or softcrosse sticks and an appropriate ball that is sufficiently soft.

Playing area

- > Promote inclusion by designating ‘safe zones’ if required.
- > Experiment with different sized playing areas.



Safety

- > Ensure adequate space for number of players. If a kicking version is played, there should be sufficient space between designated playing areas.
- > If a hockey stick is used, it should not be raised above waist height.
- > For the kicking version, start with a soft/slow ball.

- > No physical contact except for tagging, between knees and shoulders only.
- > Players should have done space/player awareness activities before playing (see e.g. Start out WC 03a,b).



NO BUMPING

ASK THE PLAYERS

Attackers (team with ball)

- > ‘Where will you pass the ball?’
- > ‘How can you get away from your defender?’

Defenders (team without the ball)

- > ‘How can you make it hard for your opponent to make a pass?’
- > ‘How can you make it hard for your opponent to receive a pass?’
- > ‘How can you work together to stop a pass from getting through?’
- > ‘Is it better to pressure the thrower or the receiver? Why?’
- > ‘Is it better to play one-on-one or to have two defenders guarding one player with the ball?’