

# 5 Point Player

SKILL FOCUS

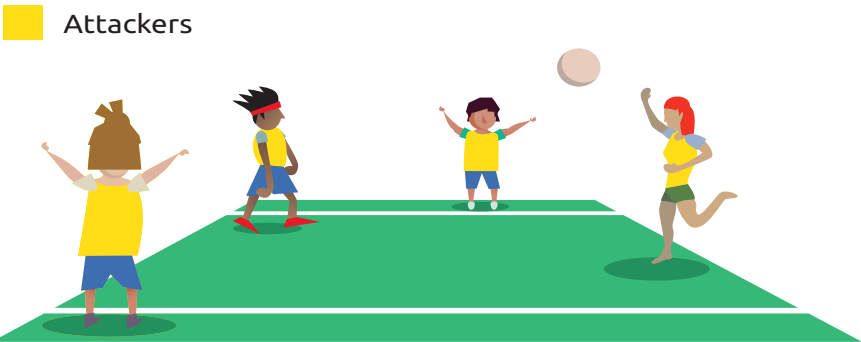
Throwing | Catching | Attacking & Defending



**GAME SUMMARY:**  
Attacking team make as many passes as they can in 30 seconds. Defending team try to intercept the ball.

**Equipment needed:**  
➢ Markers  
➢ 1 ball per group (netball size)  
➢ Bibs or coloured-bands

**Game setup:**  
Set up a rectangle playing area. Mark out an end zone at each end (optional). Split players into attackers and defenders. Use bibs to distinguish the teams.



COACH INSTRUCTIONS

**STAGE 1**  
Attacking team only, no player in end zone.  
*"Pass the ball between your team until I call STOP."*  
**Scoring Optional:** Count how many passes teams can make in 30 seconds. Repeat and see if they can beat their score.

**STAGE 2**  
Attacking team only with a player in each end zone.  
*"Pass the ball between your team until I call STOP. You score 1 point for each pass you make and 5 points if you pass to the player in the end zone."*  
Call "STOP" after 30 seconds. Repeat and see if team can beat their score.

**STAGE 3**  
Attacking and defending team with a player in each end zone.  
**TO ATTACKERS:** "Pass the ball between your team until I call STOP. You score 1 point for each pass you make and 5 points if you pass to the player in the end zone."  
**TO DEFENDERS:** "Try to intercept the ball. If you do make an intercept, give the ball back to the attacking team. You cannot touch players or take the ball out of their hands."  
Swap teams and repeat.

**STAGE 4**  
Progression from stage 3. Add a roaming 5-point player.  
**TO ATTACKERS:** "This time you get 5 points for passing to the 5-point player as well as the player in the end zone."  
**ASK:**  
**ATTACKERS:** "How can you work together to make more passes?"  
**DEFENDERS:** "What should you do if you want to intercept a pass?"

**FOUNDATION:**  
Skill Development

**COMPLEX:**  
Strategies & Tactics

# BRANCH OUT! Tips to modify 5 Point Player

## Rules:

- > Deduct points if the ball is intercepted.
- > Restrict the number of times the ball can be passed into the end zone.
- > Limit the number of defenders who can enter the end zone.
- > Vary the type of pass (e.g. bounce pass, roll the ball, kick the ball).
- > Make it harder by limiting the time players can hold possession.

## Equipment:

- > Vary the type of ball according to ability level.
- > Use brightly coloured balls or balls that make noise such as a goalball to cater for specific needs of players if required.

## Environment:

- > Change the dimensions of the playing space. A larger playing space will challenge players, a smaller playing space will increase intensity.
- > Vary the size of the end zone.
- > Play game with no more than 6 on each team. Replicate the game if there are more participants.
- > Players with limited mobility can play in the end zone (attackers or defenders).

## Teaching Style:

- > Place **staff helpers** on each team to assist with attacking and defending.
- > Use **questioning** to encourage players to think of their own strategies.
- > **Rotate players** through end zone and 5-point player roles.
- > Use **role models** to highlight effective attacking and defending skills.

## ALTERNATE SPORTS & SKILLS

Use this game to develop passing skills for sports such as basketball, netball and soccer.



## SAFETY!

- > Playing area should be smooth with no obstructions inside or near game boundaries.
- > Ensure there is adequate space between different games.
- > Enforce 'No Contact' rule.
- > Do not allow players to take the ball out of another player's hands.
- > Encourage players to be aware of others around them, i.e. watch out for other players as well as watching the ball.
- > Ensure the equipment used is suitable for the ability level of the players.

# Boundary Pass

SKILL FOCUS

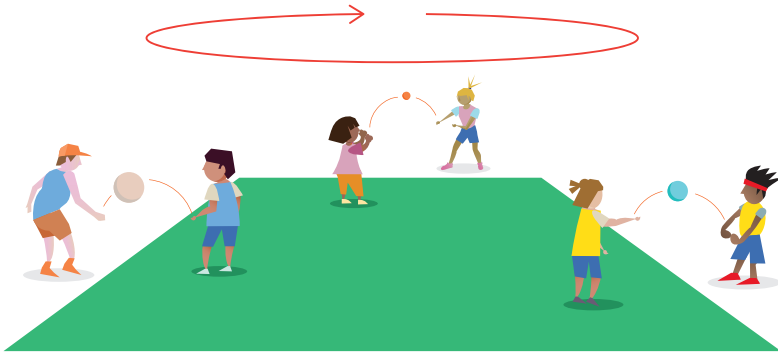
Throwing | Catching | Passing on the Run



**GAME SUMMARY:**  
In pairs, players pass the ball over a boundary line with the aim of making as many passes as they can.

**Equipment needed:**  
➤ Balls of various size and weight (1 ball between 2 players)

**Game setup:**  
Play on a field or court with 4 boundary lines. Players work in pairs, with 1 partner standing on either side of a boundary line. Give each pair 1 ball suitable to their ability level.



COACH INSTRUCTIONS

STAGE 1

Pairs are stationary.  
"Pass the ball between you and your partner until I call **STOP!**"  
Call "**STOP**" after 1 minute.  
"Move with your partner to another boundary line. Pass again until I call **STOP!**"  
Repeat.

STAGE 2

Pairs are stationary.  
"Count how many passes you and your partner can make over the line in 1 minute."  
Call "**STOP**" after 1 minute.  
"Move with your partner to another boundary line. Pass again until I call stop. See if you can beat your score."  
Repeat.

STAGE 3

All pairs move in the same direction around the playing space e.g. clockwise.  
"Make 1 pass over the line to your partner. Run to the next line then make 1 pass over that line. Keep going for 1 minute. Count how many passes you can make."  
Call "**STOP**" after 1 minute. Repeat and see if pairs can beat their score.  
**ASK:** "How can you work together to make more passes?"  
"Is it harder or easier to pass while you're moving compared to standing still? Why?"

**FOUNDATION:**  
Skill Development

**COMPLEX:**  
Strategies & Tactics

# BRANCH OUT! Tips to modify Boundary Pass

## Rules:

- > Allow more than 1 pass across a boundary line.
- > Vary the type of pass (e.g. underarm, overarm, chest pass, bounce pass, shoulder pass).
- > Change partners after each round.
- > Add a skill to perform while moving to the next boundary line (e.g. dribble the ball).

## Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller, harder ball.
- > Provide balls of a specific colour or sound to meet needs of individual players.
- > Place pairs of same coloured dots on either side of the boundary lines to show players where to stand.

## Environment:

- > Change the dimensions of the playing space. A larger playing space will challenge players, a smaller playing space will increase intensity.
- > Depending on participant numbers, game can be replicated using a different playing space.

## Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **role models** to demonstrate effective passing.
- > Use **questioning** to encourage players to think of their own strategies.
- > Provide **individual skill coaching** off court if required.

## ALTERNATE SPORTS & SKILLS

Use this game to develop passing skills for sports such as basketball, netball and soccer. Tennis racquets and balls can also be used.



## SAFETY!

- > Ensure there is adequate space between pairs.
- > Make sure there are no obstructions and the boundary lines are a safe distance from any walls.
- > Encourage players to be aware of others around them, i.e. watch out for other players as well as watching the ball.
- > Ensure the equipment used is suitable for the ability level of the players.
- > Only retrieve balls outside the playing area once play has stopped.

# Defenders on the Line

## SKILL FOCUS

Throwing | Catching | Attacking & Defending

SPORTAUS

Special  
Olympics  
Australia

### GAME SUMMARY:

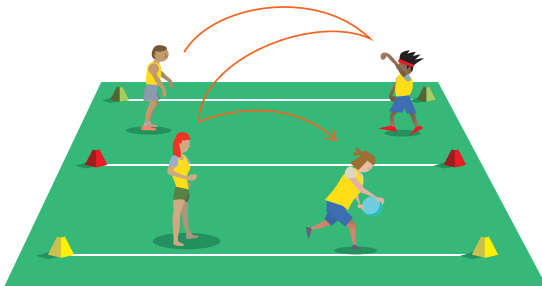
Teams hold possession for a set period of time. They try to score as many points as possible by passing the ball over their score line.

### Equipment needed:

- Markers
- Ball (netball size)
- Bibs or coloured bands

### Game setup:

Set up a rectangle playing area with a score line at each end and a half way line through the centre. Split players into 2 teams. Use bibs to distinguish attacking and defending teams and colour coordinate bibs with score line markers if possible.



### STAGE 1

Attacking team only with 2 or 3 players in each half.

*"Pass the ball to each person on your team. Once everyone has touched the ball, 1 player can carry the ball over an end line to score 1 point."*

Rotate the player who carries the ball over the line each time. Players can use either end line.

### STAGE 2

Attacking team only with 2 or 3 players in each half.

*"Pass the ball 10 times between your team. Every player must touch the ball."*

*"After 10 passes, 1 player can run over a score line and call for the ball. Your team scores 1 point by passing the ball to this player over the line."*

Rotate scoring players. Play for a set period of time (e.g. 3 minutes). Coach to keep track of score. Repeat and see if teams can beat their score.

#### ASK:

*"How can you let your team mates know you are ready for a pass?"*

### STAGE 3

Attacking and defending teams with 2 or 3 players from each team in each half.

**TO ATTACKERS:** *"Pass the ball between your team mates until each player has touched the ball. You can then score 1 point by passing to a player over the [coloured] score line. Your team will have the ball for 3 minutes. See how many times you can score."*

**TO DEFENDERS:** *"Try to make it hard for the attackers to pass the ball. You cannot touch players or take the ball out of their hands, but you can intercept the ball when it's in the air."*

**TO ALL:** *"After each score or if the ball gets intercepted, pass the ball back to one of the attackers. The attacking team then starts passing again."*

#### ASK:

**TO ATTACKERS:** *"Where should you run to if you want your team mate to pass you the ball?"*

**TO DEFENDERS:** *"How can you make it hard for an attacker to make a pass?"*

COACH INSTRUCTIONS

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Defenders on the Line

## Rules:

- > Vary the number of passes made before attackers can score.
- > Allow players to run, dribble or pass over the score line.
- > Make it easier by allowing players to move while holding the ball. Make it harder by not allowing players to move with the ball, and / or limiting the time players can hold possession. For basketball and soccer, allow players to dribble the ball.
- > Increase or decrease the team numbers.

## Equipment:

- > Vary the type of ball according to ability level and the sport you are coaching.
- > Use brightly coloured balls or balls that make noise such as a goalball to cater for specific needs of players if required.

## Environment:

- > Make the playing space larger to allow more movement, make it smaller to increase intensity.
- > Replicate game to ensure all players are engaged. Play with no more than 6 on each team.
- > Players with limited mobility can be positioned over the score line and must receive a pass for their team to score.

## Teaching Style:

- > Place **staff helpers** on each team to assist with attacking and defending.
- > Use **role models** to highlight effective attacking and defending skills.
- > Use **questioning** to encourage participants to think of their own strategies.

## ALTERNATE SPORTS & SKILLS

Use this game to develop passing skills for sports such as basketball, netball and soccer.



## SAFETY!

- > Size of playing area should be adequate for the number of players and free from obstructions.
- > Ensure there is adequate space between different games.
- > Enforce 'No Contact' rule.
- > Encourage players to be aware of others around them, i.e. watch out for other players as well as watching the ball.
- > Ensure the equipment used is suitable for the ability level of the players. If playing soccer ensure players kick along the ground.

# Dribblers & Robbers

SKILL FOCUS

Dribbling



GAME SUMMARY:

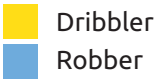
‘Dribblers’ move around the court dribbling a ball. ‘Robbers’ try to steal balls from the dribblers.

Equipment needed:

- Balls - 1 per player
- Markers
- Bibs (optional)

Game setup:

Mark out a square playing area on a surface where balls can be dribbled. Players are given a ball each and spread themselves around the playing area.



COACH INSTRUCTIONS

STAGE 1

“Move around inside the square dribbling your ball. I am going to be walking around trying to tap your ball away from you. You need to protect the ball so I can’t touch it.”

If the coach taps the ball away, give it back to the player to continue dribbling.

STAGE 2

All players have a ball except 1 or 2 players who are selected to be robbers.

**TO DRIBBLERS:** “Move around inside the square dribbling your ball. Try not to let the robbers steal your ball.”

**TO ROBBERS:** “Try to grab the ball away from the dribblers. You cannot touch or bump players while you are stealing the ball.”

ASK:

**TO DRIBBLERS:** “How can you maintain possession of the ball?”

**TO ROBBERS:** “When is a good time to grab the ball?”

If a robber steals a ball, they give it back to the dribbler. Play for a set amount of time then rotate robbers.

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics



# BRANCH OUT! Tips to modify Dribblers & Robbers

## Rules:

- > Be lenient with the dribbling rule, e.g. allow players to bounce the ball once every 3-4 steps depending on ability level.
- > Add a "No-Go" zone along each sideline where robbers are not allowed to go. Limit the time dribblers can spend in this zone.
- > Vary the number of robbers.
- > Robbers swap roles with dribblers when they steal their ball.

## Equipment:

- > Vary the type of ball. Make it easier by using a lighter ball such as a volleyball.
- > Robbers can wear coloured bibs to stand out.

## Environment:

- > Change the dimensions of the playing area. A larger playing area will provide more space to move around, a smaller area will increase intensity.
- > Depending on participant numbers, game can be replicated using a different playing space.

## Teaching Style:

- > Give **one on one coaching** and feedback during the game.
- > Use **questioning** to encourage players to think of their own strategies.
- > Use **role models** to highlight effective dribbling skills and ability to maintain possession.

## ALTERNATE SPORTS & SKILLS

Use this game to develop dribbling skills for basketball or soccer.



## SAFETY!

- > Make sure there are no obstructions and the boundary lines are a safe distance from any walls.
- > Encourage players to be aware of others around them, i.e. watch out for other players as well as watching the ball.
- > Ensure the equipment used is suitable for the ability level of the players.
- > Body contact is not allowed.



# End Ball

## GAME SUMMARY:

Teams score a point by passing the ball to their 'end player' who stands over the end line.

## SKILL FOCUS

Throwing | Catching | Attacking | Defending

# SPORTAUS

Special  
Olympics  
Australia

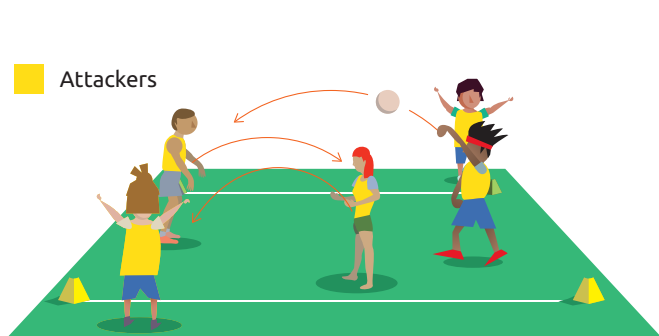


## Equipment needed:

- > Markers
- > 1 ball per group (netball size)
- > Bibs or colour-bands

## Game setup:

Set up a rectangle playing area. Split players into attackers and defenders. Use bibs to distinguish teams. Use different coloured markers for each end boundary line and colour coordinate with team bibs if possible e.g. yellow team pass towards the yellow end line.



## STAGE 1

Attacking team only, 1 'end player' at each end. Give the ball to a player in the middle.

*"Pass the ball 3 times amongst your team then pass to the player over the coloured [e.g. yellow] end line."*

Repeat, throwing the ball the opposite direction to the player over the [coloured] line.

## STAGE 2

Attacking and defending team, each with an 'end player'.

*"You score 1 point each time you pass the ball to your end player. They must catch it on the full. You need to make at least 3 passes between your team before you can score."*

If a team intercepts the ball they gain possession. If a team scores, play is re-started by giving possession to the opposition team.

**ASK:** "When defending, how can you stop the other team from scoring?"

## STAGE 3

Split the court into 3 zones. Place at least 1 attacker and 1 defender in each zone. Each team must also have an 'end player'.

*"You must pass the ball to a player in each zone before you can score. You get 1 point for passing the ball to the 'end player' who must catch it on the full."*

**ASK:** "Where should you move to receive a pass?"

COACH INSTRUCTIONS

## FOUNDATION:

Skill Development

## COMPLEX:

Strategies & Tactics

## PHYSICAL LITERACY ELEMENTS

Object Manipulation | Coordination | Collaboration | Perceptual Awareness | Content Knowledge | Strategy & Planning

## AC:HPE CONTENT DESCRIPTIONS

ACPMPO43 | ACPMP045 | ACPMP061 | ACPMP063

# BRANCH OUT! Tips to modify End Ball

## Rules:

- > Increase or decrease the number of players on each team.
- > Add sport specific rules such as 'no running with the ball' and / or 'stand 3 feet' from player with the ball. Allow dribbling for basketball and soccer.
- > Increase or decrease the number of passes that need to be made before scoring.
- > Make the end player stay in one spot, e.g. stand on a dot.
- > Allow end player to catch after one bounce.

## Equipment:

- > Vary the type of ball according to ability level.
- > Use brightly coloured balls or balls that make noise such as a goalball to cater for specific needs of players if required.

## Environment:

- > Change the dimensions of the playing space. A larger playing space will allow more free movement, a smaller playing space will increase intensity.
- > Have no more than 7 players on each team. Replicate game if there are more participants.
- > Vary the size and number of zones.
- > Game can be played indoors or outdoors.

## Teaching Style:

- > Place **staff helpers** on each team to assist with attacking and defending.
- > Use **questioning** to encourage players to think of their own strategies.
- > **Rotate** end players.
- > Use **role models** to highlight effective attacking and defending skills.
- > **Match players** of similar ability to play against each other.

## ALTERNATE SPORTS & SKILLS

Use this game to develop attacking and defending skills for sports such as basketball, netball and soccer.



## SAFETY!

- > Playing area should be smooth with no obstructions inside or near game boundaries.
- > Ensure there is adequate space between different games.
- > Enforce 'No Contact' rule.
- > Do not allow players to take the ball out of another player's hands.
- > Encourage players to be aware of others around them, i.e. watch out for other players as well as watching the ball.
- > Ensure the equipment used is suitable for the ability level of the players.

# Interceptor

## GAME SUMMARY:

Two 'passers' pass the ball to each other. An 'interceptor' stands between the passers trying to intercept the ball.

## Equipment needed:

- > Balls - 1 per group
- > Coloured dots

## SKILL FOCUS

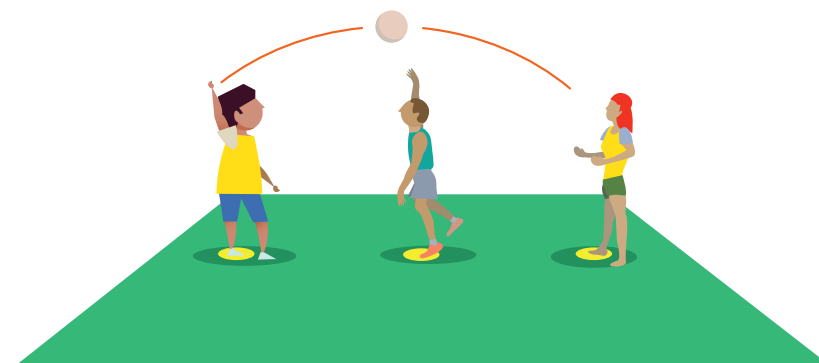
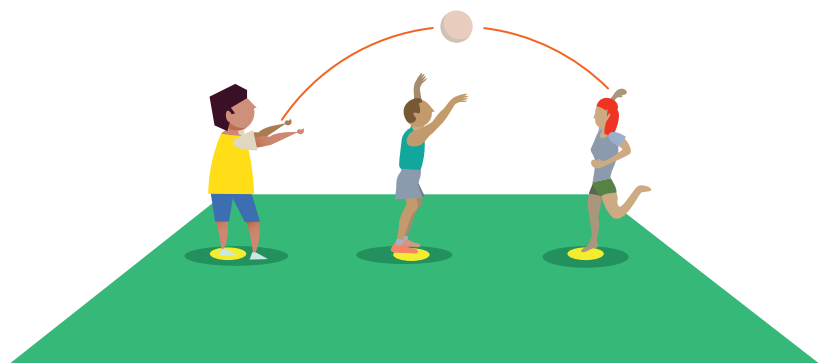
Passing | Catching | Defending

**SPORTAUS**



## Game setup:

Divide players into groups of 3. Place 3 coloured dots in a line for each group, approximately 2 metres apart. Passers stand on the outside dots and the interceptor stands on middle dot. Give each group 1 ball.



## COACH INSTRUCTIONS

### STAGE 1

You must keep at least 1 foot on your dot.

**TO PASSERS:** "Pass the ball between you and your partner until I call **STOP**. Try not to let the interceptor touch the ball."

**TO INTERCEPTOR:** "Try to catch or tap the ball when it is passed. If you do catch it, give it back to the passers."

Call "**STOP**" after 1 minute and swap interceptors.

### STAGE 2

Progression from stage 1.

**TO PASSERS:** "This time, count how many passes you can make in 1 minute without the interceptor touching the ball. At least 3 of your passes need to be bounce passes."

**TO INTERCEPTOR:** "You score 1 point for every intercept you make. You need to catch the ball to count as an intercept."

Call "**STOP**" after 1 minute and swap interceptors. See if passers and interceptors can beat the previous score.

### ASK:

**TO PASSERS:** "Where will you aim to pass the ball?" "How will your partner know where to catch it?"

## FOUNDATION:

Skill Development

## COMPLEX:

Strategies & Tactics

## PHYSICAL LITERACY ELEMENTS

Object Manipulation | Coordination | Agility | Collaboration

## AC:HPE CONTENT DESCRIPTIONS

ACPMPO25 | ACPMP043 | ACPMP061

# BRANCH OUT! Tips to modify Interceptor

## Rules:

- > Make it easier for passers by allowing them to move within a zone, rather than stay on a dot.
- > Make it harder for passers by restricting the types of passes e.g., cannot pass over shoulder height.
- > Play in groups, for example with 3 passers and 2 interceptors.
- > Vary scoring e.g. count how many passes can be made in a set time or before interceptor touches the ball.

## Equipment:

- > Vary the type of ball. Make it easier by using a lighter ball such as a volleyball.
- > Use markers to mark out zones for passers and interceptor to stand in.

## Environment:

- > Move passers closer or further away from each other.
- > Replicate the game to ensure all players are engaged and active.

## Teaching Style:

- > Give **one on one coaching** during the game.
- > **Encourage** passers to discuss communication strategies between them.
- > Use **role models** to highlight effective passing and defending skills.

## ALTERNATE SPORTS & SKILLS

Use this game to develop passing skills for sports such as basketball, netball and soccer.



## SAFETY!

- > Ensure there is sufficient space between groups.
- > Passes need to be safe. Emphasise importance of not hitting interceptor above their shoulders.
- > Ensure play is stopped if a ball needs to be retrieved from another group's playing space.

# Jump Pass

## SKILL FOCUS

Throwing | Catching | Attacking & Defending

**SPORTAUS**

**Special  
Olympics  
Australia**

### GAME SUMMARY:

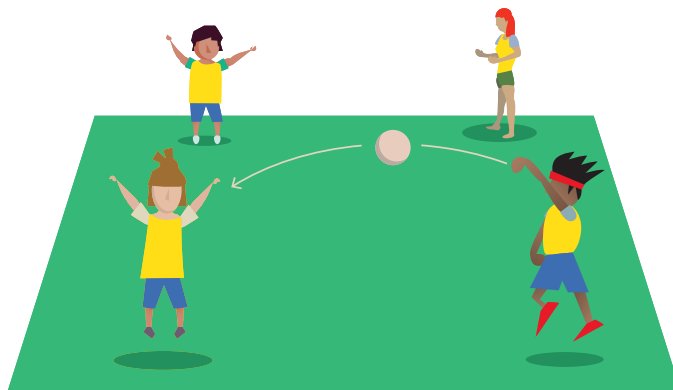
Players pass the ball amongst their team for a set amount of time. Players jump in the air when throwing and catching.

### Equipment needed:

- > Markers
- > 1 ball per group (netball size)
- > Bibs or coloured-bands

### Game setup:

Mark out a playing area, ideally on a netball or basketball court. Split players into teams of 3 or 4. Use bibs to distinguish teams.



## COACH INSTRUCTIONS

### STAGE 1 - ATTACKING TEAM ONLY

*"Pass the ball between your team until I call STOP! When you pass the ball, jump at the same time so your feet are off the ground when you throw it."*

Play for a set amount of time.

### STAGE 2 - ATTACKING TEAM ONLY

*"Pass the ball between your team until I call STOP! When you make and receive a pass, jump at the same time so your feet are off the ground when you throw and catch the ball."*

*"Call out the person's name when you are passing the ball to them."*

**Scoring Optional:** Count how many passes they can make in 30 seconds. Repeat and see if the team can beat their score.

### STAGE 3 - ATTACKING & DEFENDING TEAM

**TO ATTACKERS:** *"Pass the ball between your team. When you make and receive a pass, jump at the same time so your feet are off the ground when you throw and catch the ball. Your team scores 1 point if you can make 5 passes in a row without losing or dropping the ball."*

**TO DEFENDERS:** *"Try to intercept the ball. If you intercept the ball or the attacking team drop the ball, your team then become the attackers, and attackers become defenders."*

After 5 successful passes, give possession to the opposing team.

**ASK:** *"How can you help your team mate be ready to receive a pass from you so they know when to jump?"*

**FOUNDATION:**  
Skill Development

**COMPLEX:**  
Strategies & Tactics

# BRANCH OUT! Tips to modify Jump Pass

## Rules:

- > Players must pass to a team mate at least 2 metres away.
- > Defenders must be 1 metre from attackers.
- > Limit the number of steps players can take when holding the ball (e.g. 4 steps).
- > Make it harder by limiting the time players can hold possession.
- > Vary scoring, e.g. teams get a point for making 10 successful passes, or count how many passes they can make in 1 minute.
- > Players with limited mobility can reach up to pass and catch, or be placed outside the boundary line and used as a bonus point player.

## Teaching Style:

- > Place **staff helpers** on each team to assist with attacking and defending.
- > Use **role models** to highlight effective attacking and defending skills.
- > Give **one on one coaching** to support skill development and correct technique.

## Equipment:

- > Vary the type of ball according to ability level. Make it easier by using a light ball such as a beach ball.
- > Use brightly coloured balls or balls that make noise to cater for specific needs of players if required.

## Environment:

- > Change the dimensions of the playing space. A larger playing space will challenge players, a smaller playing space will increase intensity.
- > Play game with no more than 4 on each team. Replicate game if there are more participants.

## ALTERNATE SPORTS & SKILLS

Use this game to develop passing skills for basketball and netball.



## SAFETY!

- > Playing area should be smooth with no obstructions inside or near game boundaries.
- > Ensure there is adequate space between different games.
- > Enforce 'No Contact' rule.
- > Do not allow players to take the ball out of another player's hands.
- > Encourage players to be aware of others around them, i.e. watch out for other players as well as watching the ball.
- > Ensure the ball used is suitable for the ability level of the players.

# Keep the Ball

## SKILL FOCUS

Throwing | Catching | Attacking & Defending

# SPORTAUS

Special  
Olympics  
Australia



### GAME SUMMARY:

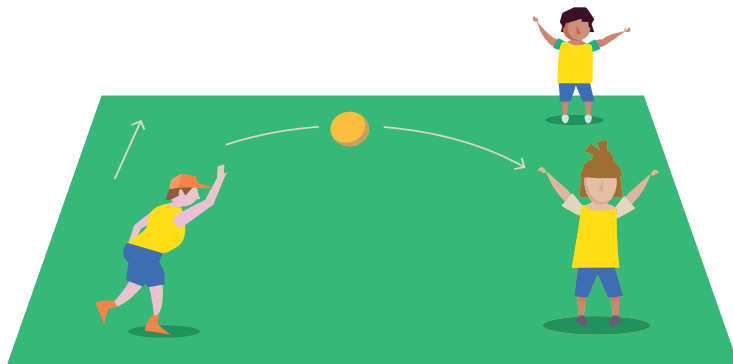
Teams aim to make 5 passes between team mates without the ball being dropped or intercepted.

### Equipment needed:

- > Markers
- > 1 ball per group (netball size)
- > Bibs or coloured bands

### Game setup:

Set up a rectangle playing area with clear boundaries. Split players into teams of 3. Use bibs to distinguish attacking and defending teams.



#### STAGE 1

Attacking team only.

"Pass the ball to one of your team mates then move to another spot. Call the name of your team mate if you want them to pass you the ball."

#### STAGE 2

Progression from stage 1.

"This time, I will give you 1 point if you can make 5 passes in a row without dropping the ball."

Play for a set period of time (e.g. 2 minutes). Coach to keep track of score. Repeat and see if teams can beat their score.



#### STAGE 3

Attacking and defending teams.

**TO ATTACKERS:** "Pass the ball between your team. You score 1 point if you can make 5 passes without dropping the ball or having a defender touch the ball."

**TO DEFENDERS:** "Try to intercept the ball. You cannot touch players or take the ball out of their hands."

**TO ALL:** "The attacking team will swap with the defending team if the ball is dropped or touched by a defender, or after the attacking team makes 5 passes."

#### ASK:

**ATTACKERS:** "Where should you move to if you want your team mate to pass to you? How can you let them know you are ready for a pass?"

**DEFENDERS:** "How can you make it hard for an attacker to make a pass? How can you put pressure on players wanting to receive a pass?"

COACH INSTRUCTIONS

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics



# BRANCH OUT! Tips to modify Keep the Ball

## Rules:

- > Vary the type of pass (e.g. bounce pass).
- > Make it easier by allowing players to move while holding the ball.
- > Make it harder by not allowing players to move with the ball, and / or limiting the time players can hold possession. For basketball and soccer, allow players to dribble the ball.
- > Vary the scoring, e.g. 1 point for 3 passes in a row and 2 points for 5 passes in a row.
- > Vary the number of passes required to score.
- > Increase or decrease team numbers.

## Teaching Style:

- > Place **staff helpers** on each team to assist with attacking and defending.
- > Use **questioning** to encourage participants to think of their own strategies.
- > Use **role models** to highlight effective attacking and defending skills.

## Equipment:

- > Vary the type of ball according to ability level and the sport you are coaching.
- > Use brightly coloured balls or balls that make noise such as a goalball to cater for specific needs of players if required.

## Environment:

- > Make the playing space larger to allow more movement, make it smaller to increase intensity.
- > Replicate game to ensure all players are engaged.
- > Players with limited mobility can be positioned over the boundary line or in a designated 'safe zone' (each attacking team must make one of their 5 passes to this player).

## ALTERNATE SPORTS & SKILLS

Use this game to develop passing skills for sports such as basketball, netball and soccer.



## SAFETY!

- > Size of playing area should be adequate for the number of players and free from obstructions.
- > Ensure there is adequate space between different games.
- > Enforce 'No Contact' rule.
- > Encourage players to be aware of others around them, i.e. watch out for other players as well as watching the ball.
- > Ensure the equipment used is suitable for the ability level of the players. If playing soccer ensure players kick along the ground.

Names

**GAME SUMMARY:**  
Players stand in a circle.  
They call the name of another  
player then pass them the  
ball.

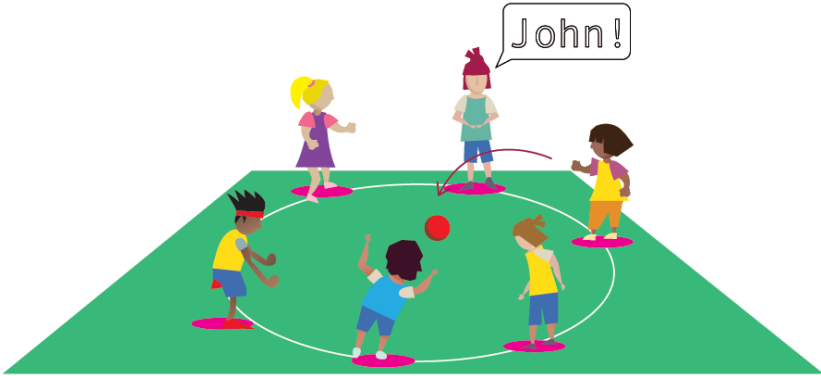
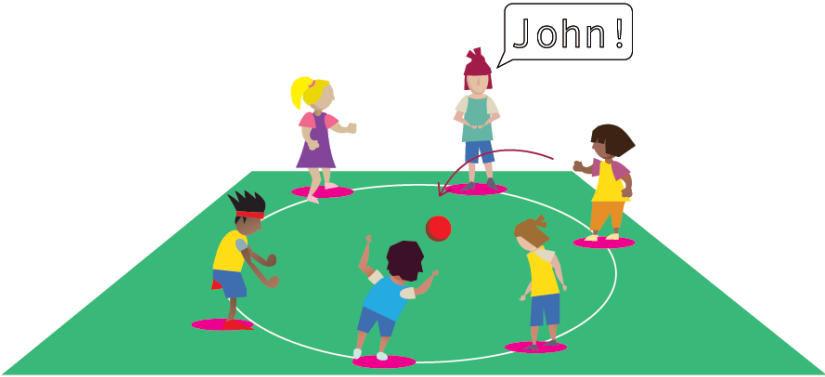
**Equipment needed:**  
➤ Coloured dots  
➤ Ball

**SKILL FOCUS**  
Throwing | Catching



**Game setup:**  
Place coloured dots in a circle, one per player. Play with 5 - 8 players in a circle. Ask each player to stand on a dot. Give one player the ball.

This game works best if players know each other’s names. It can also be used to help players learn names if they don’t know each other but they will need support from staff.



**COACH INSTRUCTIONS**

**STAGE 1**  
Players must keep at least 1 foot on their dot.

*TO ALL PLAYERS: "When you have the ball, choose someone else to pass it to. You need to look at them and call their name. They will show you they are ready to catch the ball by putting their arms out. You can then throw the ball to them."*

*"If you don't have the ball, wait for someone to call your name. You then need to put your arms out ready to catch the ball."*

**STAGE 2**  
Progression from stage 1. Choose one player to stand in the middle to be the interceptor.

*TO PASSERS: "The interceptor is going to try to catch the ball. You need to throw it so they can't touch it."*

*TO INTERCEPTOR: "Try to catch or touch the ball while it is in the air."*

If the interceptor catches or touches the ball, they swap positions with the player who threw it.

*ASK: "What kind of passes can you make to keep the ball away from the interceptor?"*

**FOUNDATION:**  
Skill Development

**COMPLEX:**  
Strategies & Tactics

# BRANCH OUT! Tips to modify Names

## Rules:

- > Vary the type of pass e.g. chest, shoulder or bounce pass, or allow the ball to be rolled. Allow players to choose the pass they use.
- > Add a time challenge to speed up the game e.g. count how many passes you can make in 30 seconds. Rotate interceptors after a set time.
- > Add extra interceptors.
- > Don't allow passes to player next to them.

## Equipment:

- > Vary the type of ball. Make it easier by using a larger or softer ball. Make it harder by using a smaller or harder ball depending on the sport you are coaching.
- > Brightly coloured balls or balls that make noise can be used to meet specific needs of players.

## Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist each group.
- > Use **role models** to demonstrate correct passing technique.

## Environment:

- > Vary the passing distance. Make the circle larger or smaller.
- > Replicate the game in an adjacent area if there are more than 8 players.
- > Play indoors or outdoors.

## ALTERNATE SPORTS & SKILLS

This game can develop throwing and catching skills for sports such as basketball, netball, cricket and softball.

This game can also be used to develop other skills such as kicking or bowling:



## SAFETY!

- > Ensure the interceptor stands at least 1 metre away from the passer.
- > Make the circle large enough for the interceptor to freely move.
- > If the ball runs away, the coach chooses someone to retrieve it.
- > Use a ball appropriate for players' ability level.

# Pairs Passing

## SKILL FOCUS

Throwing | Catching

**SPORTAUS**



### GAME SUMMARY:

In pairs, players pass to each other for a set amount of time or passes before moving on.

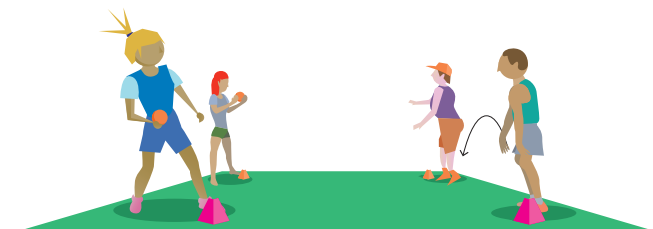
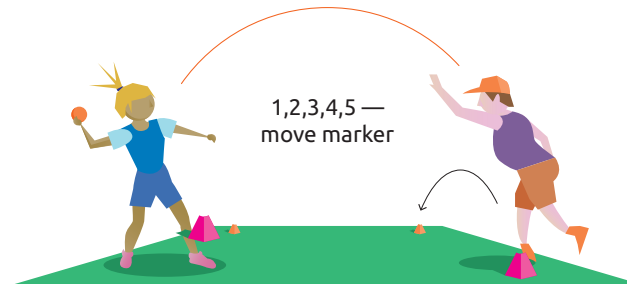
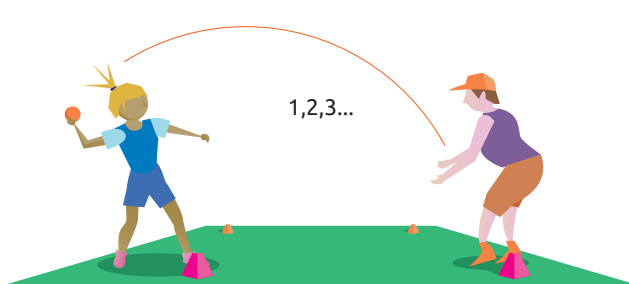
### Equipment needed:

- > Markers or dots
- > Variety of balls (1 per pair)

### Game setup:

Set up several pairs of markers of the same colour (approximately 1.5m apart) around the playing area. At least 1 set of markers will be needed per pair, with a few extra sets.

Put players in pairs and ask them to stand next to the markers. Alternatively, coloured dots can be used and players stand on the dots. 1 person from each pair has a ball.



### STAGE 1

"Pass the ball between you and your partner until I call **STOP**."

Call "**STOP**" after 30 seconds.

"Move with your partner to another set of different coloured markers. Pass again until I call **STOP**."

Repeat.

**Scoring Optional:** Pairs count how many passes they can make in 30 seconds. See if they can beat their score at the next markers.

### STAGE 2

"Pass the ball 5 times between you and your partner. Run to another set of markers and make another 5 passes. Count how many sets of markers you and your partner can get to in 2 minutes."

Repeat. See if pairs can beat their score.

**ASK:** "What can you do to help you and your partner pass quickly so you can get to more sets of markers?"

### STAGE 3

"Pass the ball 5 times between you and your partner. After you have passed the ball 5 times, if you are holding the ball you stay where you are. If you are not holding the ball you need to run and find another player who is holding a ball and waiting for a new partner. Make 5 passes then do the same again."

Repeat.

**ASK:** "How can you help other players know that you need a new partner?"

COACH INSTRUCTIONS

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Pairs Passing

## Rules:

- > Vary the type of pass e.g. chest, shoulder or bounce pass.
- > Vary the challenge to speed up or slow down the game, e.g. give players 10 seconds to pass instead of 30 seconds. Or get pairs to make 3 passes instead of 5 before moving on.
- > Add floating interceptors to increase the challenge (must intercept the ball in the air, not take it out of a person's hands).
- > Increase or decrease the time challenge.

## Equipment:

- > Vary the type of ball. Make it easier by using a larger softer ball. Make it harder by using a smaller or harder ball depending on the sport you are coaching.
- > Vary the passing set up. Use equipment such as a skipping rope for players to pass over. Or players can stand on either side of the markers so they pass 'through' the markers (i.e. the markers make a 'gate' for pairs to pass through).

## Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **staff helpers** to move through the activity with players.
- > Use **role models** to demonstrate correct passing technique.
- > Use **questioning** to encourage players to think of their own strategies.

## Environment:

- > Vary the passing distance. To increase success, move players closer to each other. To challenge players, move them further apart.
- > Play indoors or outdoors.

## ALTERNATE SPORTS & SKILLS

Use this game to develop passing skills for sports such as basketball, netball, cricket and softball.

This game can also be used to develop other skills such as kicking or bowling.



## SAFETY!

- > Ensure there is enough space to avoid collisions.
- > Set up enough pairs of markers to allow free movement.
- > Players must be aware of others moving around in the same playing space.
- > Use balls appropriate for ability level.

# Stop the Runners

## SKILL FOCUS

Throwing | Catching | Locomotor Movement

SPORTAUS



### GAME SUMMARY:

Players pass a ball between pairs or teams with the aim of tagging runners with the ball.

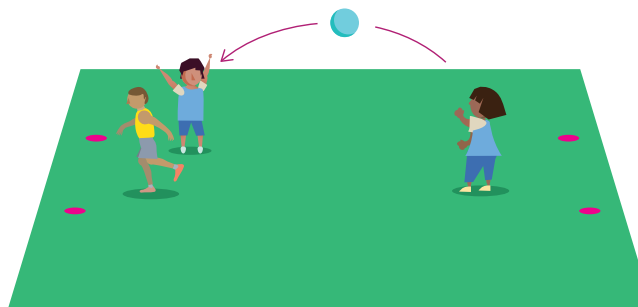
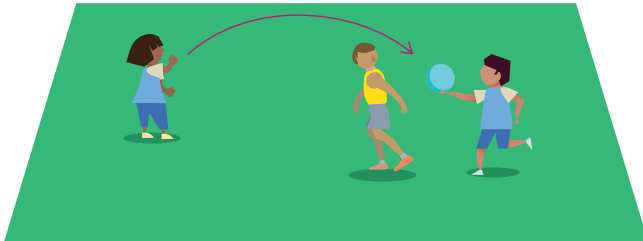
### Equipment needed:

- > Markers
- > Foam ball
- > Bibs or coloured-bands

### Game setup:

Clearly mark out boundaries of a playing area. Split players into taggers and runners. Taggers to wear bibs or colour bands. Give each tagging team 1 ball.

■ Runner  
■ Tagger



### STAGE 1

Play with 2 taggers and 1 runner.

**TO RUNNER:** "Run around the playing space. Stay away from the taggers and try not to let them touch you with the ball."

**TO TAGGERS:** "Try to touch the runner with the ball. You can't throw it at them, it must be in your hands when it touches them. You can pass the ball to your partner."

Rotate runners if they get touched, or after a set period of time.

### STAGE 2

Progression from Stage 1. Place 2 markers at each end to make a gate for the runner to run through.

**TO RUNNER:** "You get 1 point if you can run through one of the gates at each end without being touched by the ball."

**TO TAGGERS:** "Pass the ball between you and your partner. Try to touch the runner with the ball before they can run through a gate. The ball must be in your hands when it touches them."

#### ASK:

**TO TAGGERS:** "Where should you run to if your partner has the ball?"

### STAGE 3

Play with 2 teams, minimum of 3 players on each.

**TO RUNNERS:** "Run around the playing space. Stay away from the taggers and try not to let them touch you with the ball. If you get touched by the ball, put on a bib and you become one of the taggers."

**TO TAGGERS:** "Try to touch the runners with the ball. You can't throw it at them, it must be in your hands when it touches them. You can move around if you are not holding the ball, but if you are holding the ball you cannot move."

**ASK:** "How can you work as a team to tag the runners?"  
"If you don't have the ball, where should you run to?"

COACH INSTRUCTIONS

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Stop the Runners

## Rules:

- > Vary the number of players on each team, e.g. 3 taggers and 1 runner.
- > Vary the movement rule for players holding the ball, e.g. allow players to run with the ball, limit their movement to 3 steps, or do not allow them to move.
- > Taggers must make a certain number of passes before they can tag runners.
- > Modify locomotor movement for all players, e.g. walking, running, skipping etc.
- > Limit the amount of time taggers can hold the ball.

## Equipment:

- > Add another ball to make it harder for runners.
- > Vary the size and texture of the ball. Make sure it is soft (i.e. foam or rubber).

## Environment:

- > Change the dimensions of the playing space. A larger playing space will allow more free movement, a smaller playing space will increase intensity.
- > Replicate game depending on participant numbers.
- > Game can be played indoors or outdoors.

## Teaching Style:

- > Place **staff helpers** on each team to assist with attacking and defending.
- > Use **role models** to highlight effective strategies.
- > Use **questioning** to encourage participants to think of their own strategies.

## ALTERNATE SPORTS & SKILLS

Use this game to develop passing and movement skills for basketball and netball.



## SAFETY!

- > Use a soft ball.
- > Ball cannot be thrown at runners.
- > Runners can only be tagged between knee height and shoulder height (not the head).
- > Playing area should be clear of obstructions.
- > Ensure there is adequate space between different games.
- > Enforce 'No Contact' rule.
- > Encourage players to be aware of others around them, i.e. watch out for other players as well as watching the ball.



# Team Passing

## SKILL FOCUS

Throwing | Catching

# SPORTAUS

Special  
Olympics  
Australia



### GAME SUMMARY:

In teams, players try to make as many passes as they can before the opposing team intercepts the ball or the ball is dropped.

### Equipment needed:

- Markers
- Balls
- Bibs

### Game setup:

Set up a rectangle playing area with clear boundaries. Split players into teams of 3 - 5. Use bibs to distinguish attacking and defending teams.



## COACH INSTRUCTIONS

### STAGE 1

Attacking team only, players spread out around the playing space.

TO PLAYERS: "If you have the ball you can walk with it. Pass the ball to one of your team mates. If you don't have the ball you have to stand still."

Encourage players to call for the ball. Make sure all players have a turn.

### STAGE 2

Progression from Stage 1. Add 1 defender wearing a different coloured bib.

TO ATTACKERS: "You can only move when you have the ball. Pass the ball to one of your team mates. Don't let the defender touch it."

TO DEFENDER: "Try to stop the player passing the ball by catching the ball or knocking it away."

Rotate the defender after a period of time.

### STAGE 3

Attacking and defending teams. All players can move (with or without the ball.)

TO ATTACKERS: "Pass the ball around to players on your team until the ball is dropped or intercepted by the defenders."

TO DEFENDERS: "Try to catch the ball or knock it away with your hand. You can't touch anyone or take the ball out of a player's hands."

Attackers count how many passes they can make and try to beat their score next time.

ASK: "Where should you move to if you want your team mate to pass the ball to you?"  
"How can you let your team mates know you are ready for a pass?"

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

## PHYSICAL LITERACY ELEMENTS

Object Manipulation | Cardiovascular Endurance | Self-Regulation (Emotions) | Relationships | Collaboration | Perceptual Awareness

## AC:HPE CONTENT DESCRIPTIONS

ACPMPO43 | ACPMP045 | ACPMP061 | ACPMP063

# BRANCH OUT! Tips to modify Team Passing

## Rules:

- > Vary the type of pass e.g. chest, shoulder or bounce pass.
- > Set a time limit for the attacking team to maintain possession of the ball.
- > Allow attackers to maintain possession if they drop the ball (dropped passes don't count as a score).
- > Limit the number of steps players holding the ball can take.

## Equipment:

- > Use a ball relevant to the sport you are coaching. Make it easier by using a lighter or larger ball.
- > Use brightly coloured balls or balls that make noise, such as a goalball, to cater for specific needs of players if required.

## Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **staff helpers** to join in the game and help guide players.
- > Use player **role models** to demonstrate correct passing technique.
- > Use **questioning** to encourage players to think of their own strategies.

## Environment:

- > Make the playing space larger to allow more movement, make it smaller to increase intensity.
- > Replicate the game in an adjacent area to ensure all players are engaged.
- > Players with limited mobility can be positioned over the boundary line or in a designated 'safe zone' to receive passes.

## ALTERNATE SPORTS & SKILLS

This game can develop passing skills for sports such as basketball and netball. Change the skill to kicking and develop passing skills for football.



## SAFETY!

- > Ensure there is enough space to avoid collisions.
- > Enforce 'no contact' rule.
- > Players must be aware of others moving around in the same playing space.
- > Use balls appropriate for ability level.

# 4 Square

## SKILL FOCUS

Throwing | Catching

# SPORTAUS

Special  
Olympics  
Australia

### GAME SUMMARY:

In teams of 4, players pass the ball to each other trying not to let the other team intercept. Each player stays in their square.

### Equipment needed:

- > Markers
- > Balls
- > Bibs
- > Tape or chalk

### Game setup:

Play on a flat surface. Mark out 4 even squares using existing lines, markers, tape or chalk. Split players into teams of 4. One player from each team stands in each square.



### STAGE 1

Attacking team only.

*"Pass the ball to a player in another square. You can't pass back to the person who passed the ball to you."*

Encourage players to call for the ball. Make sure all players have a turn.

Scoring optional: Count how many passes they can make in 1 minute.

### STAGE 2

Choose one player to be a defender and give them a coloured bib. The defender can move across lines.

TO ATTACKERS: *"Pass the ball to a player in another square. You can't pass back to the person who passed the ball to you. Try not to let the defender touch the ball."*

TO DEFENDER: *"Try to catch the ball or knock it away."*

Rotate the defender after a period of time.



### STAGE 3

Create an attacking and defending team with one team wearing bibs. 1 attacker and 1 defender in each square.

TO ATTACKERS: *"Pass the ball to a player in another square. You can't pass back to the person who passed the ball to you. Try not to let the defenders touch the ball."*

TO DEFENDERS: *"Try to stop the attacker in your square from catching the ball. If you intercept the ball, your team will become the attackers."*

Teams count how many passes they can make before the ball is intercepted.

ASK:

TO ATTACKERS: *"How can you show your team mates that you're ready for a pass?"*

TO DEFENDERS: *"Where should you stand to make it hard for the attacker in your square?"*

COACH INSTRUCTIONS

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify 4 Square

## Rules:

- > Vary the type of pass e.g. chest, shoulder, bounce pass or roll the ball.
- > Limit the time players can hold onto the ball.
- > Players have to pass in one direction around the square.
- > Allow players to move freely with the ball or set a limit of how many steps they can take.

## Equipment:

- > Use a ball relevant to the sport you are coaching. Make it easier by using a lighter or larger ball.
- > Use brightly coloured balls or balls that make noise such as a goalball to cater for specific needs of players if required.

## Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **staff helpers** to join in the game and help guide players.
- > Match players of similar ability in each square.
- > Use **questioning** to encourage players to think of their own strategies.

## Environment:

- > Make the playing squares larger to allow more movement, make them smaller to increase intensity.
- > Replicate game to ensure all players are engaged.
- > Change the playing space to 3 triangles and play with 3 players on each team.

## ALTERNATE SPORTS & SKILLS

This game can develop passing skills for sports such as basketball and netball. Change the skill to kicking and develop passing skills for football.



## SAFETY!

- > Ensure there is enough space to avoid collisions.
- > Enforce 'no contact' rule.
- > Use balls appropriate for ability level.