

# NET & COURT GAMES

*Net & Court Games* include activities in which a player sends an object towards a court or target area that an opponent is defending, trying to make it difficult for the opponent to return the object. Sports that use net and court game objectives include badminton, squash, tennis, table tennis and volleyball.

*Net & Court Games* provide fun and engaging ways to develop physical literacy across the four domains as outlined below.

	Physical	Psychological	Social	Cognitive
Key Elements	Object Manipulation Movement Skills	Engagement and Enjoyment	Collaboration	Perceptual Awareness Reasoning
Examples of how these can be developed	Allow participants to choose their equipment. Provide a variety of equipment e.g. different ball sizes. Develop the required skills needed for activities to be successful and progressive.	Adjust game rules to allow for success. Incorporate a balance of non-competitive and competitive activities.	Discuss the benefits of working as a team. Encourage communication between participants in game situations.	Provide opportunities where participants can make decisions and solve problems. Provide opportunities where participants must move and orientate themselves.

## How to use the Program Planner

Sessions will vary between 30-60 minutes. Not all games in each session are required to be delivered. The number of games will depend on factors such as session time, ability level and engagement of participants. Coaches should deliver the number of games in each session they feel appropriate to develop the key physical literacy elements in this category.

If all games are not completed in a session, the coach can use their discretion to start the next session with the remaining games and/or begin with the new games for that session. An alternate game has been provided in each session for coaches to maintain the engagement of participants if required.

## Coaching tip

- To achieve more success or sustained engagement, vary the following:
  - equipment e.g. weight/size of the ball; shape/size of the striking implement
  - playing environment e.g. lower the net; modify the court size
  - game rules e.g. allow more bounces

## NET & COURT GAMES

	1	2	3	4	5	6	7	8
<b>Review, Outline &amp; Warm Up (5-10 mins)</b> Start with a brief review of last week, outline today's session and play and a familiar game	Making Groups	Tag Games	Making Groups	Making Groups	Tag Games	Flip It	Participant choice	Participant choice
<b>Get into It (20-45 mins)</b> Use TREE to modify games to suit the ability level (page 2 of activity card)	Rob the Nest	Bat Tapping	Throw, Throw, Throw	Rob the Nest	No Go	Skittle and Wall	2 Square Bounce	Participant choice and/or Play a modified game from a Net & Court category sport e.g. Badminton, Squash, Tennis, Table Tennis, Volleyball
	Pairs Passing	Catching Challenge	2 Square Bounce	Wall Tennis	Keep the Ball up	No Go	Wall Tennis	
	L-o-n-g Pass	Hit the Square	Wall Tennis	Team Rally	Rebound Ball	Continuous Cricket	Team Rally	
<b>Alternate Game</b>	Racquet Relay	Rebound Ball	No-Go	Rally Around	No-Go	Team Rally	Continuous Tennis	Play favourite game
<b>Finish Up &amp; Review (5 mins)</b> Ask participants 2-3 questions	What game/s did you like playing today? What game/s did not you like playing today? What are 2 things you learnt today? How can you practice your new skills at home? Would you like to learn more of next week?							

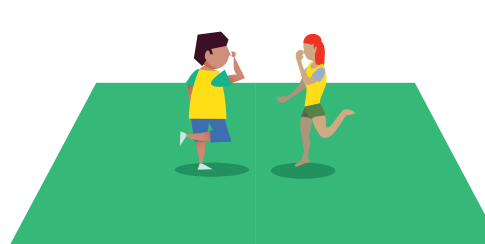
# Making Groups

SPORTAUS



## GAME SUMMARY:

These games can be used to split players into 2 or more groups.



### GAME 1: CLUMPS

Mark out a playing area with clear boundaries.

**Coach Instructions:** "Jog around the playing area. When I call out a number, you need to get into a group with that number of players."

Call out several different numbers and finish with the group size you want.

### GAME 2: TWO HALVES

Mark out 2 squares of different colours, e.g. a red square and a blue square.

Any appropriate habit or characteristic can be used which will split the players into 2 groups. E.g.,

**Coach Instructions:** "If you prefer to hop on your right foot, go and stand in the red square. If you prefer to hop on your left foot, stand in the blue square."

#### OTHER EXAMPLES COULD BE:

- "Write with L or R hand?"
- "Prefer swimming or running?"
- "Wink with L or R eye?"
- "Step forward with L or R foot?"
- "Prefer beach or pool?"
- "Cross arms with L or R arm on top?"
- "Like dogs or cats better?"
- "Prefer bananas or apples?"

### GAME 3: SPLITTING PAIRS

Players need to be in pairs already.

**Coach Instructions:** "I'm going to call out an action. You need to try to perform the action faster than your partner."

Choose an action to perform that is appropriate for all ability levels. The first player in each pair to perform the action makes up group 1, the second player makes up group 2.

#### SOME EXAMPLES OF ACTIONS CAN BE:

- "Hop on 1 leg and touch your nose."
- "Sit down and lift both feet off the floor."
- "Balance on 1 foot like a stork."

### GAME 4: BACK 2 BACK, FACE 2 FACE

**Coach Instructions:** "When I say 'back to back' you need to stand with your back against someone else. When I say 'face to face' you need to find someone different and stand facing them."

Continue playing for a few turns. At the end, get 1 player from each pair to join group 1, and the other player to join group 2.

# BRANCH OUT! Tips to modify Making Groups

## Rules:

- > Make groups of similar ability by moving players between groups.
- > If you need to make more than 2 teams you can play the game again, e.g. play with 2 groups and split them to make 4.
- > Players perform different locomotor movements when moving around e.g. skipping, hopping.

## Equipment:

- > Use markers to show where teams stand and use colours as team names, e.g. green team and yellow team instead of team 1 and team 2.
- > **Clumps:** The more field markers used, the better to clearly outline playing boundaries.

## Teaching Style:

- > Coach or staff helpers can join in the games to help participants and be a positive role model.

## Environment:

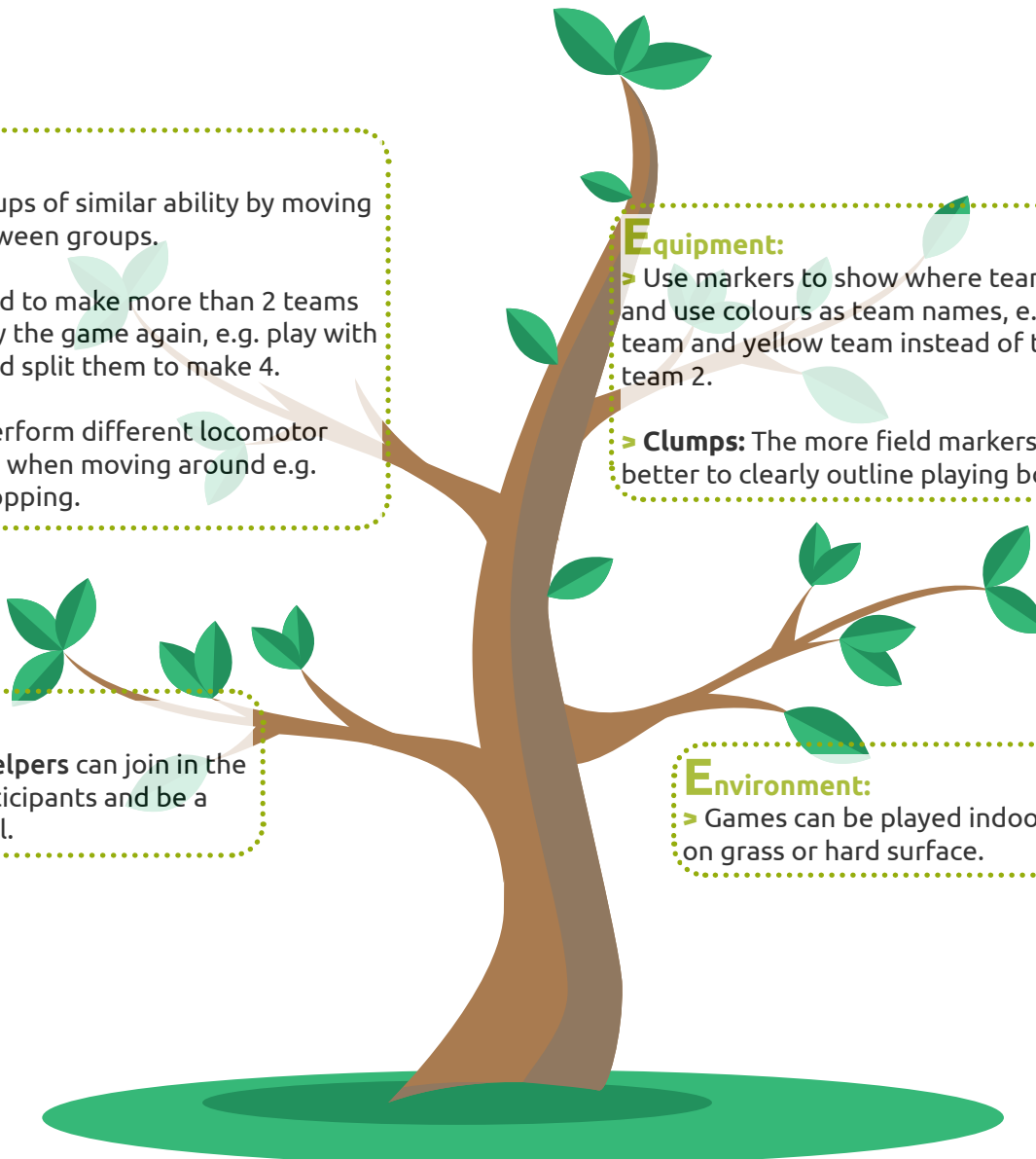
- > Games can be played indoors or outdoors, on grass or hard surface.

## ALTERNATE SPORTS & SKILLS

These games can be used as a warm up for any sport.

## SAFETY!

- > Ensure playing area is free from hazards and obstructions. If indoors, make sure boundaries are well clear of walls.
- > Players need to be aware of those around them to avoid collisions.
- > If relevant, start with easy movements / balances and build up to more challenging skills.



# Rob the Nest

## SKILL FOCUS

Locomotor Movement | Throwing  
Catching | Fielding

**SPORTAUS**

**Special  
Olympics**  
Australia

### GAME SUMMARY:

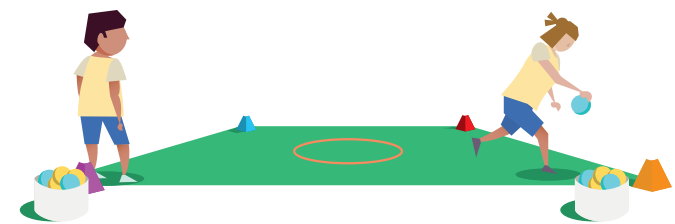
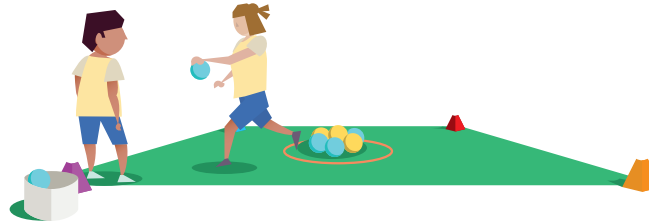
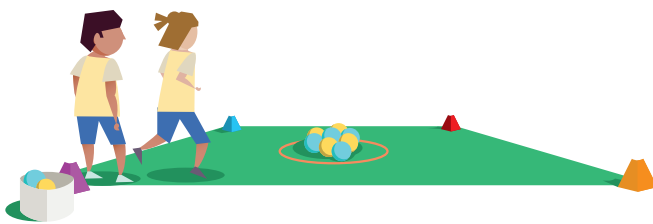
Players collect balls one at a time from the centre hoop and place them in their team bucket. Teams aim to get the most amount of balls in their bucket.

### Equipment needed:

- > 4 markers or dots of different colours
- > 1 hoop
- > 15 - 20 balls of various sizes
- > 4 team buckets

### Game setup:

Place 15 - 20 balls in a hoop in the middle of the playing space. Place 4 markers or dots of different colours at even distances from the hoop to make a square. Put a bucket next to each marker. Individuals or teams stand next to a marker (or on a dot). Where needed, have a staff helper for individuals / teams.



## COACH INSTRUCTIONS

### STAGE 1

"The first player in your team must run to the hoop, pick up a ball, then run back to your team and put the ball in your bucket. The next player in line then does the same. Take it in turns until all balls are gone from the middle."

**Scoring Optional:** Teams count how many balls they have collected. Repeat game where teams try to beat their score.

### STAGE 2

Progression from stage 1.

"This time, when you pick up a ball from the hoop, turn around and throw it to the next player in your team. They catch the ball and put it in the bucket. Take it in turns until all balls are gone from the hoop. The team with the most balls at the end wins."

**ASK:** "Will it be easier for your team mate to catch the ball if you throw overarm or underarm?"

### STAGE 2

Progression from stage 2.

"This time, once all balls are gone from the middle, you can steal 1 ball at a time from another team. You must take it in turns. When I call **STOP**, go back to your marker. The team with the most balls wins."

**ASK:** "How can your team collect the most balls?"

**FOUNDATION:**  
Skill Development

**COMPLEX:**  
Strategies & Tactics

# BRANCH OUT! Tips to modify Rob the Nest

## Rules:

- > Vary the throwing technique (e.g. overarm, underarm).
- > Change the locomotor movement (e.g. skipping, hopping).
- > Vary the method the ball is delivered back to the bucket (e.g. rolling, dribbling, balancing the ball on a racquet, carrying the ball with one hand).

## Equipment:

- > Use a ball relevant to the sport you are coaching.
- > Vary the type of ball. Make it easier with a larger, softer ball. Make it more challenging with a smaller, harder ball (e.g. tennis ball). Bean bags can also be used.
- > Use hoops instead of buckets to collect the team's balls.

## Teaching Style:

- > Use **visual aids** such as picture cards to show the skill you want players to perform.
- > **Run with players** and guide them through each step of the game.
- > Use **questioning** to encourage players to think of their own strategies.

## Environment:

- > Vary the distance the team markers are placed from the hoop. Make it easier by moving the markers closer for a shorter distance to run or throw. Increase distance to challenge players (ensure safety rules are followed).
- > Can be played indoors, outdoors, on grass or hard surfaces.
- > Minimise external distractions.

## ALTERNATE SPORTS & SKILLS

Use this game to develop other skills such as rolling or dribbling the ball back to their bucket.



## SAFETY!

- > Use balls appropriate for ability level, i.e. start with larger soft balls and move onto smaller balls.
- > Ensure players throw safely for their partner or team mate to catch.
- > Players must be aware of other players and be careful not to run into others when collecting balls.

# 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.

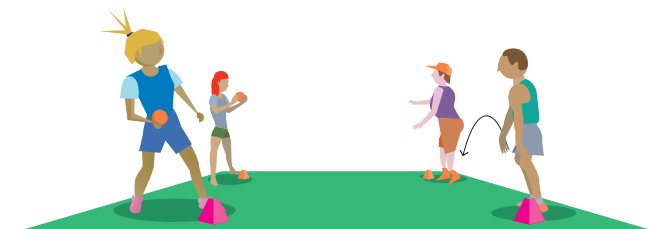
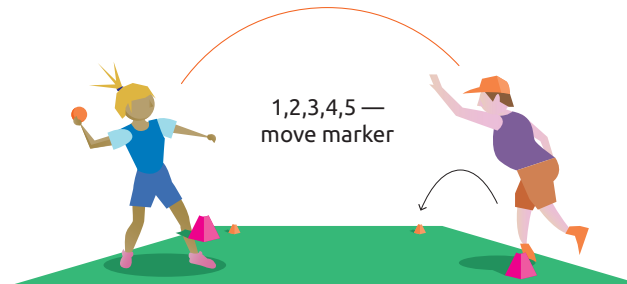
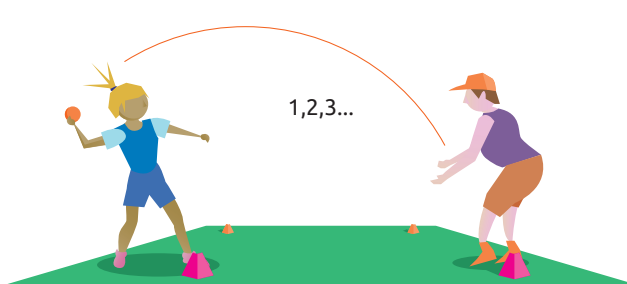
### Equipment needed:

- > 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.



# L-o-n-g Pass

## GAME SUMMARY:

Players work cooperatively to pass as far as they can to each other.

## SKILL FOCUS

Throwing | Catching

**SPORTAUS**

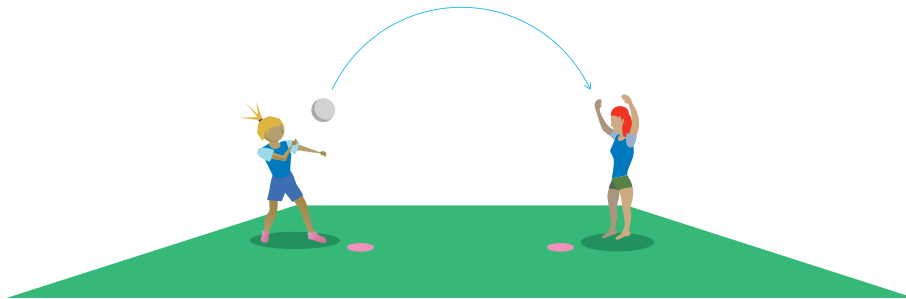


## Equipment needed:

- > 1 ball per pair (netball size)
- > Markers
- > Coloured dots

## Game setup:

Mark out a square playing area. Put coloured dots to mark where the batter and feeder stand. Place several targets in the field, e.g. 3 buckets and 4 hoops. Split players into groups of 3 (1 batter, 1 feeder, 1 fielder).



## OPTION 1: PAIRS ACTIVITY

### Game Setup:

For each pair, place matching markers or coloured dots approximately 1 metre apart. Pair players of similar ability level. Players stand next to a marker or on a coloured dot facing their partner. Give each pair 1 ball.

**Coach Instructions:** "Pass the ball to your partner. If they catch it on the full you both take 1 step back. If they drop it, you both take 1 step forward."

Call "**STOP**" after 1 minute. Pairs take note of where they are standing, this can be marked with chalk, tape or a marker if there are no lines on the playing surface to use. Repeat game. Pairs try to move further back than previous mark.

## OPTION 2: GROUP ACTIVITY

### Game Setup:

Split players into groups of 4 or 5. One passer to stand in the centre with catchers placed at equal distance away from the thrower in a circle (or square). Use coloured dots to show players where to stand.

### Coach Instructions:

**TO THE PASSER:** "Pass the ball to each catcher 1 at a time."

**TO CATCHERS:** "If you catch the ball on the full, take 1 step back. If you drop the ball, take 1 step forward or stay on your dot."

Rotate passers after each round.

COACH INSTRUCTIONS

# BRANCH OUT! Tips to modify L-o-n-g Pass

## Rules:

- > Vary the set playing time (e.g. 30 seconds, 1 minute, 2 minutes etc).
- > Vary the type of pass e.g. chest pass, shoulder pass.
- > For pairs activity, have either both players take a step or just the player who catches / drops the ball.

## Equipment:

- > Use a ball relevant to the sport you are coaching.
- > Vary the type of ball. Make it easier with a larger, softer ball. Make it more challenging with a smaller, harder ball.

## 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 highlight good passing technique.

## Environment:

- > Game can be played indoors or outdoors, on grass or hard surface.

## ALTERNATE SPORTS & SKILLS

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



## SAFETY!

- > Use a ball appropriate for the players' ability level.
- > Ensure a safe distance between pairs / groups.
- > Ensure participants throw safely for their partner or team mate to catch.

# Racquet Relay

## SKILL FOCUS

Striking | Throwing | Catching  
Locomotor Movement

**SPORTAUS**



### GAME SUMMARY:

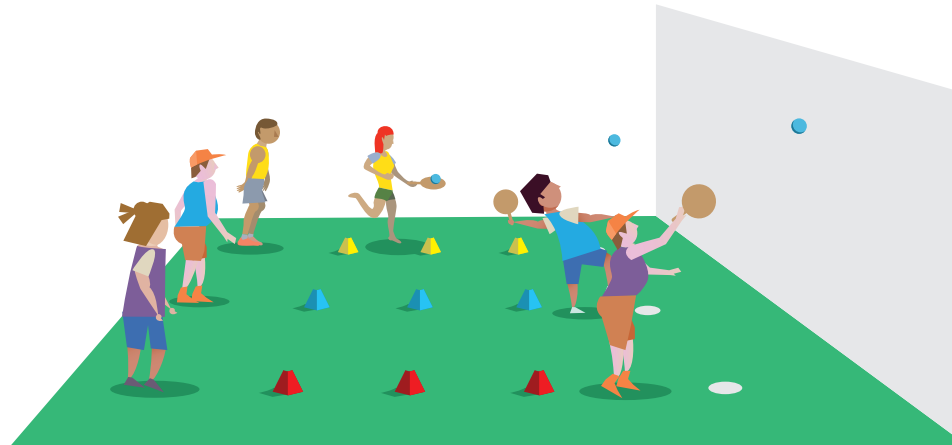
Players combine the skills of balancing a ball on a racquet and hitting against a wall in a relay race.

### Equipment needed:

- > Racquets (tennis, table tennis or bat tennis racquets)
- > Balls - 1 per team
- > Markers

### Game setup:

Players line up in teams of 3 standing approximately 5 metres out from a wall. Place 3 or 4 markers for each team evenly spaced in a line between the team and the wall. Use a dot or marker to indicate where teams line up, as well as where players stand to hit the ball against the wall (approximately 1.5 metres from the wall).



## COACH INSTRUCTIONS

### STAGE 1

*"Walk between the markers in a zig zag pattern balancing the ball on your racquet. When you get to the dot / marker, turn around and walk straight back to your team. Give your racquet and ball to the next person in line."*

Keep going until each player has had 2 turns or call **"STOP!"** after a set period of time.

### STAGE 2

Progression from stage 1 – add skill.

*"This time, when you get to the dot / marker you need to hit the ball against the wall and catch it before walking back to your team."*

Teams to count how many relay runs they can do in 2 minutes. Repeat and see if they can beat their score.

### STAGE 3

Progression from stage 2 – add skill.

*"This time, after you have hit the ball against the wall, turn around and throw the ball to the next person in your team."*

**ASK:** *"How can you communicate with your team mate to help them catch the ball?"*

*"What can you add to this relay to make it more challenging?"*

**FOUNDATION:**  
Skill Development

**COMPLEX:**  
Strategies & Tactics

# BRANCH OUT! Tips to modify Racquet Relay

## Rules:

- > Make it easier by removing markers and allowing players to walk in a straight line.
- > Make it harder by adding skills such as bouncing the ball on the bat or bouncing the ball on the floor.
- > Increase or decrease the number of wall hits.

## Equipment:

- > Make it easier with a large or low compression ball. Make it challenging with a smaller, harder ball.
- > Vary the racquet depending on the sport you are coaching and player ability level.

## Teaching Style:

- > **Walk through** the course with players to assist them.
- > Use **questioning** to encourage players to think of their own strategies.
- > Use **role models** to teach game concepts such as finding space, anticipation and deception.

## Environment:

- > Change the dimensions of the playing space. Increase or decrease length of the relay course.
- > Have more or less obstacles to weave around and vary distance between them.
- > Move the hitting line closer or further from the wall.
- > Make sure there are enough relay courses to allow for high involvement.

## ALTERNATE SPORTS & SKILLS

Use this game to develop hand eye coordination and striking skills for tennis or table tennis.



## SAFETY!

- > Ensure there is adequate space between groups.
- > Use equipment that is suitable for the ability level of the players.
- > Ensure play is stopped if a ball needs to be retrieved from another group's playing space.

# Tag Games

## SKILL FOCUS

Locomotor Movement

SPORTAUS



### GAME SUMMARY:

These warm up activities involve taggers chasing runners in fun, high intensity games.

### Equipment needed:

- > Markers
- > Bibs or coloured bands
- > Balls

### Game setup:

Mark out a playing space with clear boundaries. Choose 1 player to be a tagger and give them a bib or colour band to wear.



## COACH INSTRUCTIONS

### GAME 1: FREED BY THE BALL

"If you are tagged, you must freeze and hold your hands up ready to catch a ball."

Give some players a ball.

"You can free someone who has been tagged by passing your ball to them. Make sure they are looking at you. If you are freed, keep the ball and join back into the game. You can then free someone else."

### GAME 2: HOSPITAL TAG

"If you get tagged, you become the tagger. You have to hold the part of your body where you were tagged like you would if you were hurt."

### GAME 3: TAIL TAG

Give each player a colour band to tuck into the back of their shorts / pants.

"You can steal a 'tail' from anyone by grabbing the colour band. Do not touch the player. You must then tuck the band in next to your own tail. The person with the most tails when I call **STOP** wins."

Play for a set amount of time, e.g. 2 mins.

### GAME 4: PARTNER TAG

Make pairs. Choose 1 player in each pair to be the tagger.

"Taggers must freeze for 3 seconds to give their partner time to run away. Taggers then need to chase their partner. If you get tagged, you become the tagger. You need to freeze for 3 seconds before chasing your partner."

## FOUNDATION:

Skill Development

## COMPLEX:

Strategies &amp; Tactics

# BRANCH OUT! Tips to modify Tag Games

## Rules:

- > Add extra taggers to increase intensity.
- > Players perform different locomotor movements, e.g. skipping, hopping.
- > Add tag-free islands, with restrictions on the amount of time players can stay there
- > **Freed by the Ball:** Taggers can be freed by giving someone a high 5 rather than throwing and catching a ball.
- > **Hospital Tag:** Everyone must mirror the tagger and hold the same body part.

## Equipment:

- > The more field markers used, the better to clearly outline playing boundaries.
- > **Freed by the Ball:** Use a ball relevant to the sport you are coaching.
- > **Tail Tag:** If available, use velcro tags that attach to a belt.

## Environment:

- > Games can be played indoors or outdoors, on grass or a hard surface.
- > Make the playing area bigger to allow players to spread out, or smaller to increase the intensity of the game.

## Teaching Style:

- > Frequently **rotate** taggers.
- > Coach or **staff helpers** can join in the games to help participants and be a positive role model.

## ALTERNATE SPORTS & SKILLS

These games can be used as a warm up for any sport.

## SAFETY!

- > Ensure playing area is free from hazards and obstructions. If indoors, make sure boundaries are well clear of walls.
- > Players need to be aware of those around them to avoid collisions.
- > Start with a slow locomotor movement such as walking or jogging. Build up spatial awareness skills before getting players to run at speed.

# Bat Tapping

## SKILL FOCUS

Striking

SPORTAUS



### GAME SUMMARY:

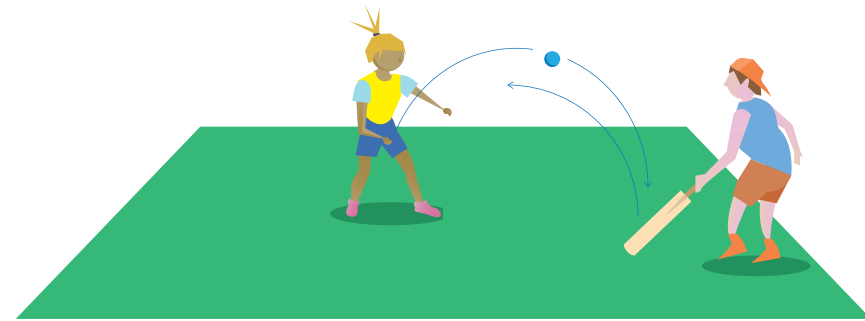
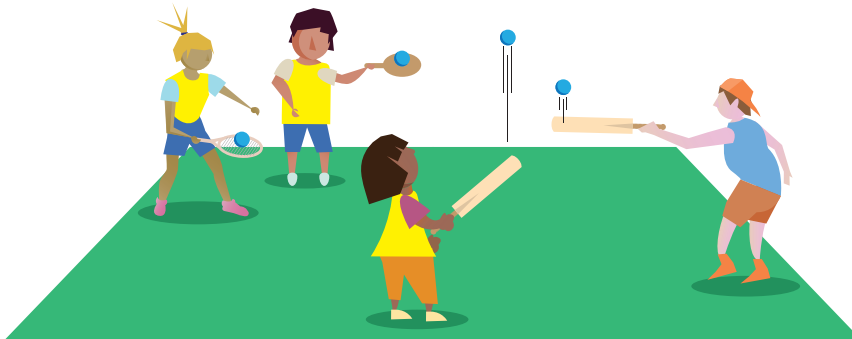
Players aim to tap the ball into the air with a bat as many times in a row as they can.

### Equipment needed:

- Bats or racquets - 1 per player
- Balls - 1 per player

### Game setup:

Players spread out ensuring they have sufficient space between each other. Give each player a ball and a bat or racquet.



### STAGE 1

Play individually.

"Hold your bat / racquet flat. Try to balance the ball on your bat / racquet for as long as you can."

"When I say **TAP**, try to flick the ball into the air then hit it again with your bat / racquet."

### STAGE 2

Play individually.

"Tap the ball into the air with your bat / racquet. Try to do small taps up and down. Count how many times in a row you can tap the ball. Make sure you keep your eyes on the ball."

If the ball drops, players pick it up and start counting again from the beginning.

**ASK:** "Which part of the bat / racquet should you hit the ball with to make it go straight up in the air?" "How should you hold the bat / racquet to have the most control?"

### STAGE 3

Play in pairs.

"Throw the ball to your partner. Your partner needs to tap the ball back to you for you to catch. Count how many times in a row you can tap the ball back and catch it without the ball dropping."

Swap batters and throwers after the ball is dropped or after a set period of time. Pairs try to beat their score.

**ASK:** "Where is the best place to aim your throw so your partner can tap it back?" "How should you hold your hands ready to catch?"

COACH INSTRUCTIONS

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Bat Tapping

## Rules:

- > Set a challenge, e.g. stand on one foot while tapping the ball.
- > Challenge players to use the thin edge of the bat / racquet (if appropriate).

## Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller, harder ball.
- > Use a bat or racquet relevant to the sport you are coaching.

## Teaching Style:

- > Use **role models** to demonstrate effective throwing and catching skills.
- > Use **one on one** discrete coaching to assist players during the game.

## Environment:

- > Play indoors or outdoors on grass or hard surface.
- > Try to minimise distractions.
- > **Stage 3:** Move the batter and thrower closer together or further apart.

## ALTERNATE SPORTS & SKILLS

Use this game to develop hand eye coordination and striking skills for cricket, softball, tennis and table tennis.



## SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players.
- > Ensure adequate space between individuals and groups.
- > Players must not interfere with other players.
- > Bats must not be swung around.



# Catching Challenge

SKILL FOCUS

Catching | Throwing



GAME SUMMARY:

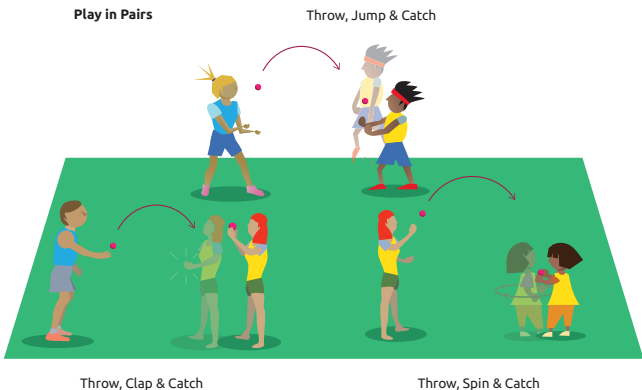
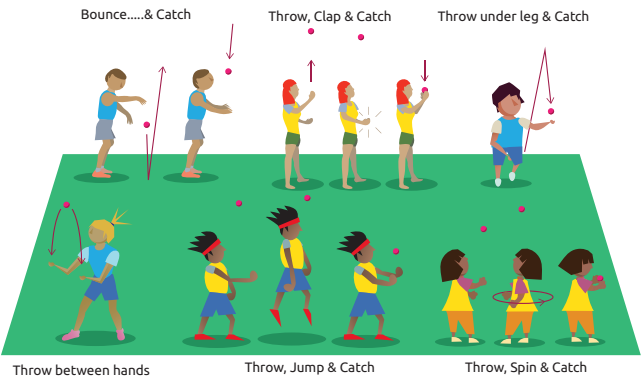
Players throw and catch a ball, trying progressively harder catching challenges.

Equipment needed:

> Balls - 1 per player

Game setup:

Players spread out ensuring they have sufficient space between each other. Give each player a ball.



COACH INSTRUCTIONS

STAGE 1

Play individually. Follow the coach.

*"I will throw the ball in the air. Before I catch it, I will do a movement. See if you can copy me."*

STAGE 2

Progression from stage 1 - make up own movements.

*"See if you can think of your own movement to perform before you catch the ball. Make sure you throw underarm and keep your eyes on the ball."*

Players practice a skill then perform it to the coach.

**Scoring Optional:** Give players a score out of 10 for performance.

**ASK:** *"How high do you need to throw the ball to be able to perform a movement before catching it?" "Why is it best to throw underarm?"*

STAGE 3

Play in pairs.

*"Throw the ball to your partner. Your partner needs to perform a movement before they can catch the ball. See if you can think of a new movement to perform."*

Pairs practice a skill then perform it to the coach.

**Scoring Optional:** Give players a score out of 10 for performance.

**ASK:** *"Where is the best place to aim your throw so your partner can catch it?" "How should you hold your hands ready to catch?"*

Some movements players can perform before catching the ball include: clapping, hopping, spinning around, jumping, touch the floor etc. Other throwing and catching challenges can include throwing the ball between legs or around the back, bowling the ball overarm into the ground and catching after 1 bounce or throwing the ball from hand to hand like juggling.

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Catching Challenge

## Rules:

- Set a challenge, e.g. count how many times you can clap / hop / jump etc before catching the ball?
- Players can perform more than one movement each time, e.g. throw – clap – spin – catch.
- Players can create and perform a routine.

## Equipment:

- Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller.
- Use equipment relevant to the sport you are coaching such as a softball glove.

## Environment:

- Play indoors or outdoors on grass or hard surface.
- Try to minimise distractions.

## Teaching Style:

- Use **role models** to demonstrate effective throwing and catching skills.
- Use **one on one discrete coaching** to assist players during the game.

## ALTERNATE SPORTS & SKILLS

Use this game to develop catching skills for cricket and softball.



## SAFETY!

- Ensure the equipment used is suitable for the ability level of the players. Avoid using hard balls.
- Ensure adequate space between individuals and groups.
- Players must not interfere with other players.

# Hit the Square

## SKILL FOCUS

Throwing | Catching

**SPORTAUS**



### GAME SUMMARY:

Players perform bounce passes by bouncing their ball into a square for their partner to catch.

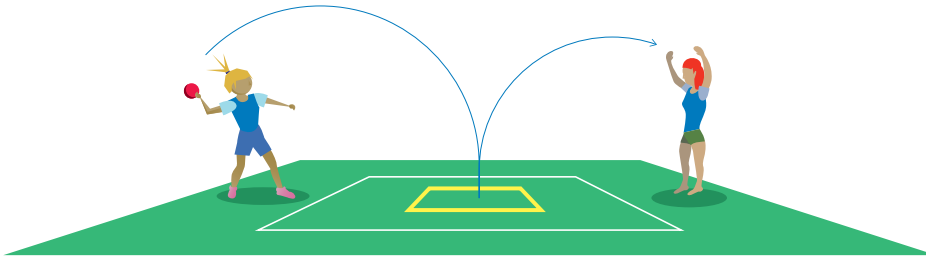
### Equipment needed:

- Markers or tape (hoop optional)
- Balls of different sizes (1 ball between 2 players)

### Game setup:

Mark out a playing space approximately 2 - 3 meters square. In the centre, mark out a square target approximately 1 meter square (a hoop can also be used).

Pair up players and get them to stand behind the throwing lines opposite their partner. Coloured dots can be placed on the ground to indicate where players should stand.



## COACH INSTRUCTIONS

### STAGE 1

1 pair using each square.

*"Throw your ball at the square so it will bounce up for your partner to catch. Take it in turns to throw."*

### STAGE 2

1 pair using each square.

*"Throw a bounce pass to your partner making it bounce in the square. You get a point for each time you catch the ball after it bounces in the square. Count how many points you can get in 1 minute."*

Repeat and see if pairs can beat their score.

### STAGE 3

2 pairs use each square.

*"Throw a bounce pass to your partner making it bounce in the square. You get a point for each time you catch the ball after it bounces in the square. The pair with the most points after 1 minute wins."*

Swap partners and repeat.

**ASK:** *"How do you make sure your ball does not hit the other pair's ball?"*

*"What angle is best to throw the ball so your partner can catch it?"*

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Hit the Square

## Rules:

- Allow underarm or overarm throws.
- Vary the scoring, e.g. "How many catches can you make in 10 throws?" Reward catches that miss the square with a point, e.g. 1 point for a catch that misses the square and 2 points for a catch that hits the square.
- Perform a movement after each throw, e.g. squat, jump, hop etc.

## Equipment:

- Use different balls. To make it easier, use a lighter, larger ball. To increase challenge, use a smaller, harder ball.
- Give participants a bucket to catch the ball with (optional).

## Teaching Style:

- **Pair players** with a partner of similar ability level.
- Players can be paired with a **coach** or **staff helper** to increase success.
- Use **role models** to demonstrate the correct passing technique.

## Environment:

- Move the throwing line closer or further from the square depending on ability level.
- Increase or decrease the size of the square.
- Game can be played outdoors or indoors.

## ALTERNATE SPORTS & SKILLS

This game can be used to develop bounce passing skills for netball or basketball. Using a tennis ball can also help develop hand-eye coordination which is important for tennis.



## SAFETY!

- Allow participants to use a ball that is suitable for their ability level.
- Ensure enough space between each group.

# Rebound Ball

## SKILL FOCUS

Throwing | Catching

**SPORTAUS**

**Special  
Olympics  
Australia**



### GAME SUMMARY:

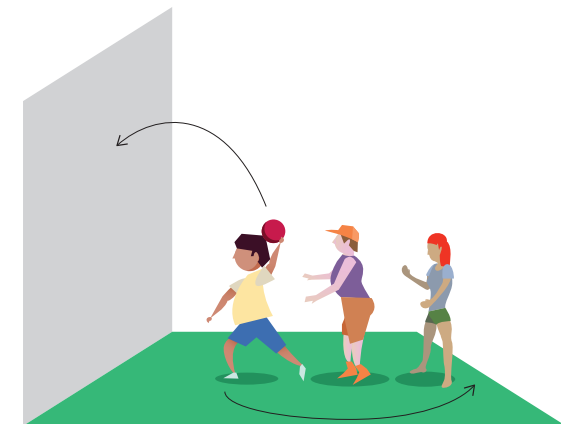
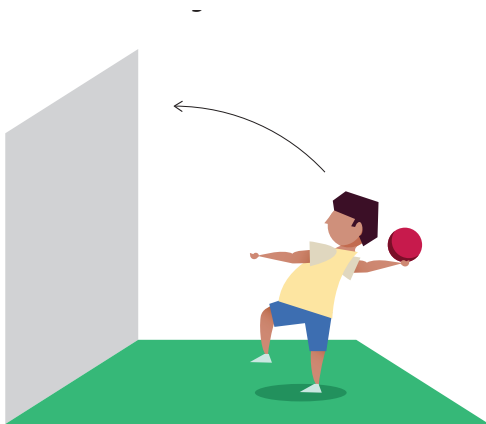
Players catch and throw a ball against a wall playing individually, in pairs or in teams.

### Equipment needed:

- > Markers or dots of different colours
- > Balls of various sizes

### Game setup:

Mark out square playing spaces, or courts, against a wall approximately 2-3 metres wide. Players stand in the middle of the court at a suitable distance from the wall. 1 ball per court.



## COACH INSTRUCTIONS

### STAGE 1

Play individually.

*"Throw the ball against the wall and try to catch it."*

**Scoring Optional:** Set a time challenge, for example 30 seconds. Players count how many times they can catch it without letting it bounce.

Repeat and see if players can beat their score.

### STAGE 2

Play in pairs.

*"Throw the ball against the wall then move out of the way so your partner can catch it. Your partner will then throw it against the wall for you to catch."*

Add a time challenge similar to stage 1.

### STAGE 3

Players work in teams of 3.

*"The first person in line throws the ball against the wall then moves to the back of the line. The next person then catches and throws the ball against the wall for the next person to catch. Keep taking it in turns."*

Add a time challenge similar to stage 2.

**ASK:** *"How can you make it easy for your team mate to catch the ball?"*

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Rebound Ball

## Rules:

- > Vary the throwing technique (overarm or underarm).
- > Vary the time challenge (e.g. 30 seconds, 1 minute, 2 minutes).
- > Allow the ball to bounce once before catching it.
- > Play a competitive version where players are trying to make it difficult for their partner to catch the ball.

## Teaching Style:

- > Use **role models** to demonstrate good throwing and catching skills.
- > Use **questioning** to encourage players to think of their own strategies.
- > Place a **staff helper** with each group if possible.

## Equipment:

- > Vary the type of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller, harder ball (e.g. tennis ball).

## Environment:

- > Vary the distance from the wall. To increase success, move players closer to the wall. To challenge players, move them further from the wall. Maintain a safe distance at all times.
- > Can be played indoors or outdoors against a wall with no windows.
- > Minimise external distractions.
- > Replicate game to allow all players to participate.

## ALTERNATE SPORTS & SKILLS

Use this game to develop other skills such as hitting a ball with a tennis racquet, or catching using a softball glove.



## SAFETY!

- > Use balls appropriate for ability level, i.e. start with soft balls and move onto harder balls.
- > Ensure players throw safely for their partner or team mate to catch, i.e. they do not throw it as hard as they can.
- > Players must wait for other teams to stop play before they can retrieve a ball that has gone into another playing space.

# Throw Throw Throw

## SKILL FOCUS

Throwing | Catching

**SPORTAUS**

**Special  
Olympics  
Australia**

### GAME SUMMARY:

Players throw balls over a line in the direction of the opposite team. The team with the fewest balls at the end wins.

### Equipment needed:

- > 1 soft foam ball per pair (can be scrunched up paper)
- > Field markers

### Game setup:

Split players into 2 even teams. Mark out a No-Go Zone between the 2 teams. Teams stand on opposite sides of the No-Go Zone facing each other. Give each player a foam ball or scrunched up piece of paper.



## COACH INSTRUCTIONS

### STAGE 1

*"Pick up any ball on your side of the court and throw it over to the other team's side. Keep going until I say **STOP**."*

Call **"STOP"** after 30 seconds. Get teams to count the balls on their side. The team with the least number of balls wins. Balls that land in the No-Go Zone do not count.

### STAGE 2

Progression from stage 1.

*"Talk to your team about how you can work together to throw all the balls over to the other side."*

Play for a set period of time and call **"STOP!"**

**ASK:** *"Where can you throw the balls to make it hard for the opposition side to throw them back?"*

*"Can each player have a job such as collector or thrower?" "Will this help you throw the balls back quicker? How?"*

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

## PHYSICAL LITERACY ELEMENTS

Object Manipulation | Muscular Endurance | Engagement & Enjoyment | Perceptual Awareness | Tactics

## AC:HPE CONTENT DESCRIPTIONS

ACPMPO08 | ACPMP025 | ACPMP043

# BRANCH OUT! Tips to modify Throw Throw Throw

## Rules:

- > Vary the playing time (30 seconds can be a lot of throwing!)
- > Vary type of throw, e.g. underarm, overarm, backwards over their heads.
- > Players can only hold one ball at a time.
- > Game can be played with players sitting.

## Equipment:

- > Vary the type and size of ball. Balls must be light and soft for safety.

## 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 team.
- > Use **questioning** to encourage players to think of their own strategies.

## Environment:

- > Change the dimensions of the playing space (increase or decrease length and / or width of space).
- > Increase or decrease size of No-Go Zone.

## ALTERNATE SPORTS & SKILLS

Use this game to develop throwing skills for sports such as cricket and softball. Balls can also be bowled to the other side or throw using bocce technique.



## SAFETY!

- > Players cannot enter the No-Go Zone during play.
- > Players should wait for the coach's signal to retrieve balls from the No-Go Zone and outside the playing area.
- > If using paper balls, ensure they are sufficiently loose to avoid hurting players.
- > Players must be aware of their team mates around them when picking up and throwing balls.



# 2 Square Bounce

SKILL FOCUS

Throwing | Catching



GAME SUMMARY:

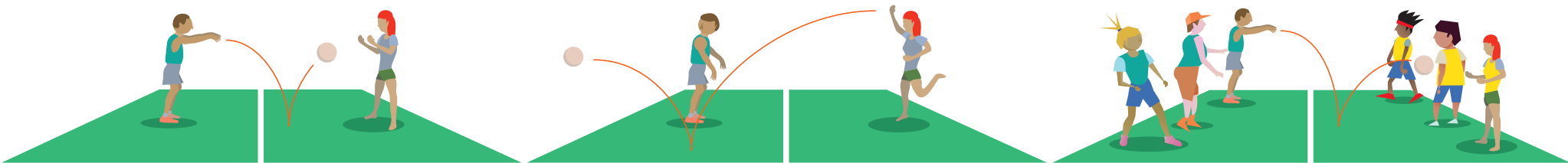
Mark out a court with 2 even halves on a surface that allows a ball to bounce. Ideally use an existing line to mark the middle of the court.

Equipment needed:

- > 1 ball per pair (netball or similar)
- > Markers (6 per court)

Game setup:

Mark out a court with 2 even halves on a surface that allows a ball to bounce. Ideally use an existing line to mark the middle of the court. Players work in pairs with one partner standing in each half of the court.



COACH INSTRUCTIONS

STAGE 1

1 player vs 1 player.

**TO PLAYER 1:** "Throw the ball over the line and make it bounce on the other side of the court."

**TO PLAYER 2:** "Catch the ball and throw it back."

Alternate servers and allow more than one bounce.

STAGE 2

Progression from stage 1 – add scoring.

"You score a point if your opponent cannot catch the ball after one bounce or the ball is thrown out of court."

Alternate servers.

**ASK:** "Where can you throw the ball to make it hard for your opponent to catch it?"

STAGE 3

3 players vs 3 players.

"One person serves the ball by throwing it over the line to bounce in the other half. Any player can catch the ball and throw it back. Your team scores a point if the other team cannot catch the ball after 1 bounce or if they throw the ball out of court."

Rotate servers.

**ASK:** "How can you work together to make sure your team catches the ball after 1 bounce?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify 2 Square Bounce

## Rules:

- > Change partners after set time.
- > Restrict the time players can hold possession (e.g. 3 seconds).
- > Opposition is awarded 1 point if players drop the ball.
- > Make it easier by allowing 2 or 3 bounces.
- > Make it harder by hitting or tapping the ball back.
- > Players can use 1 or 2 hands to touch the ball.
- > Vary the type of throw (underarm, overarm).

## 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 groups or join in the game.
- > **Pair players** of even ability levels.
- > Use **questioning** to encourage participants to think of their own strategies.
- > Use **role models** to teach game concepts such as finding space, anticipation and deception.

## Equipment:

- > Vary the size of ball. Make it easier with a larger, softer / low compression ball. Make it challenging with a smaller, harder ball.
- > Provide balls of a specific colour or sound to meet needs of individual players.
- > If playing with a bat or racquet, vary the size and weight.

## Environment:

- > Change the dimensions of the playing space (e.g. increase or decrease length and / or width of court).
- > Add a zone either side of the middle line where the ball cannot bounce.
- > Replicate games across several courts to ensure all participants are engaged.
- > Place a net across the middle of the court to add a challenge.

## ALTERNATE SPORTS & SKILLS

Use tennis racquets or smaller bats and tennis balls to develop tennis rally skills.



## SAFETY!

- > Ensure there is adequate space between courts.
- > The ball must be thrown over the line at waist height.
- > Ensure the equipment used is suitable for the ability level of the players.
- > Players must throw the ball at a safe height and speed (not too vigorous).

# Wall Tennis

## GAME SUMMARY:

Players have a rally by throwing a ball against a wall for their opponent to catch and throw back.

## SKILL FOCUS

Throwing | Catching | Shot Placement

**SPORTAUS**



## Equipment needed:

- > Balls - 1 per pair (volleyball size)
- > Markers
- > Chalk or tape

## Game setup:

Set up a court with 2 squares side by side against a wall. Play in pairs with 1 player in each square. Have 1 ball for each court. Mark out a square on the wall in the middle of the court approximately 1 metre up from the ground.



## STAGE 1

**TO SERVER:** "Throw the ball at the square on the wall so it bounces into the other side."

**TO RECEIVER:** "Catch the ball then throw it back by making it bounce off the square on the wall."

Players have a rally. No restriction on number of bounces before the ball is caught.

## STAGE 2

**TO SERVER:** "Throw the ball at the square on the wall so it bounces into the other side."

**TO RECEIVER:** "Catch the ball on the full or after 1 bounce. Throw it back by making it bounce off the square on the wall."

**TO BOTH:** "Count how many times in a row you can throw and catch the ball before it is dropped or goes out of bounds."

Repeat and see if pairs can beat their score.

## STAGE 3

**TO SERVER:** "Throw the ball at the square on the wall to make it bounce into your opponent's side of the court."

**TO RECEIVER:** "Catch the ball on the full or after 1 bounce then throw it back."

**TO BOTH:** "Try to make it hard for your opponent to catch the ball. You get 1 point if your opponent can't catch the ball after 1 bounce, or if they throw the ball and it lands out of bounds."

**ASK:** "How can you make it hard for your opponent to catch the ball?"

"Where can you stand to make it easier for you to catch and return the ball?"

COACH INSTRUCTIONS

## FOUNDATION:

Skill Development

## COMPLEX:

Strategies & Tactics

## PHYSICAL LITERACY ELEMENTS

Object Manipulation | Agility | Self-Regulation (Emotions) | Perceptual Awareness | Strategy & Planning

## AC:HPE CONTENT DESCRIPTIONS

ACPMPO43 | ACPMP045 | ACPMP061 | ACPMP063

# BRANCH OUT! Tips to modify Wall Tennis

## Rules:

- > Receivers must wait for the ball to bounce on the serve.
- > Give players 3 turns to serve accurately.
- > Allow more bounces before catching.
- > Change scoring e.g. use tennis scoring system.
- > Play with 2 players in each side of the court.

## Equipment:

- > Make it easier with a large or low compression ball. Make it challenging with a smaller, harder ball.
- > Use a tennis racquet to hit the ball against the wall.
- > Mark out boundary lines with tape or chalk to make it easier to see if the ball bounces out of bounds.

## Teaching Style:

- > Use **staff helpers** to assist pairs.
- > Use **questioning** to encourage players to think of their own strategies.
- > Use **role models** to highlight successful performance.

## Environment:

- > Change the dimensions of the court.
- > Increase or decrease the size of the square on the wall. With a larger square, players will need to make more decisions about where to place their shots. The square can also be removed and replaced with a line indicating the minimum height the ball must hit the wall.
- > Replicate game so players can participate in pairs.

## ALTERNATE SPORTS & SKILLS

Use this game to develop rallying skills for tennis. Players can also play with a racquet and tennis ball.

This game can also develop hand-eye coordination and catching and throwing skills for basketball, cricket, netball or softball.



## SAFETY!

- > Ensure there is adequate space between groups.
- > Use equipment that is suitable for the ability level of the players.
- > Monitor play closely to ensure the ball is not thrown too hard at the wall.
- > Ensure play is stopped if a ball needs to be retrieved from another group's playing space.

# No Go

SKILL FOCUS

Throwing | Catching



GAME SUMMARY:

Players throw a ball over the 'No-Go' zone to their opponents who catch the ball and throw it back.

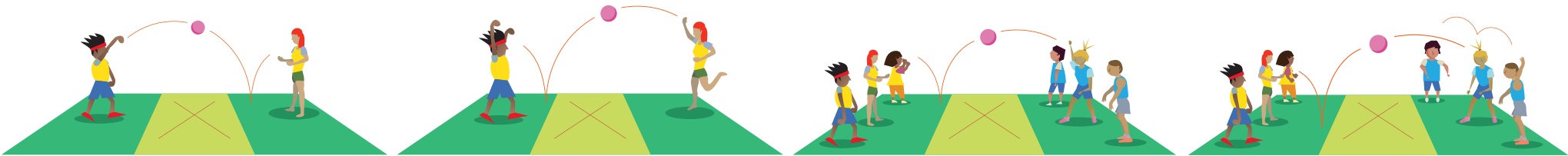
Equipment needed:

- > Balls - variety of sizes
- > Markers

Game setup:

Mark out a court with a No-Go zone in the middle. Have 1 ball per court. Select an appropriate ball to suit the ability level of players.

No Go



STAGE 1

1 player vs 1 player.

**TO PLAYER 1:** "Throw the ball over the line and make it bounce on the other side of the court."

**TO PLAYER 2:** "Catch the ball and throw it back."

Alternate servers and allow more than one bounce.

STAGE 2

Progression from stage 1 – add scoring.

"You score a point if your opponent cannot catch the ball after 1 bounce, or if they throw the ball out of court."

Alternate servers.

**ASK:** "Where can you throw the ball to make it harder for your opponent to catch?"

STAGE 3

Play in teams of 3 or 4.

**TO SERVING TEAM:** "Throw the ball over the No-Go zone. Try to make it bounce on the other side."

**TO RECEIVING TEAM:** "Catch the ball before it bounces and throw it back."

**TO BOTH TEAMS:** "If your team does not catch the ball before it bounces, or if you throw it out of court, the other team scores a point."

**ASK:** "Where should you and your team mates stand to make it easier for a player to catch the ball before it bounces?"

STAGE 4

Progression from stage 3.

"Before you throw the ball back, you need to make 3 passes (or touches) amongst your team."

**ASK:** "How can you work together to make 3 passes between your team without dropping the ball?"

COACH INSTRUCTIONS

FOUNDATION:  
Skill Development

COMPLEX:  
Strategies & Tactics

# BRANCH OUT! Tips to modify No Go

## Rules:

- > Restrict the time players can hold possession (e.g. 2 seconds).
- > Vary the type of throw (underarm, overarm).
- > Change the skill – make it harder by hitting or tapping the ball back.
- > Opposition is awarded 1 point if players drop the ball.
- > Make it easier by allowing 2 or 3 bounces.
- > Players use 1 or 2 hands to touch the ball.

## Equipment:

- > Vary the size of the ball. Make it easier with a larger, softer / low compression ball. Make it challenging with a smaller, harder ball.
- > Provide balls of a specific colour or sound to meet needs of individual players.
- > If playing with a bat or racquet, vary the size and weight.

## 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 groups or join in the game.
- > **Match** players of even ability levels.
- > Use **questioning** to encourage players to think of their own strategies.
- > Use **role models** to teach game concepts such as finding space, anticipation and deception.

## Environment:

- > Change the dimensions of the court according to ability level and mobility needs.
- > Increase or decrease the size of the No-Go zone.
- > Replicate games across several courts to ensure all players are engaged.

## ALTERNATE SPORTS & SKILLS

Use tennis racquets or smaller bats and tennis balls to develop tennis rally skills.



## SAFETY!

- > Ensure there is adequate space between courts.
- > The ball must be thrown over the line at waist height.
- > Ensure the equipment used is suitable for the ability level of the players.
- > Players must throw the ball at a safe height and speed (not too vigorous).
- > Players should call "mine" when taking a catch to avoid collisions.

# Team Rally

## GAME SUMMARY:

Teams hit a ball back and forth over a no-go zone trying to keep a rally going as long as possible.

## Equipment needed:

- > Balls or balloons
- > Markers
- > Bats or racquets (optional)

## SKILL FOCUS

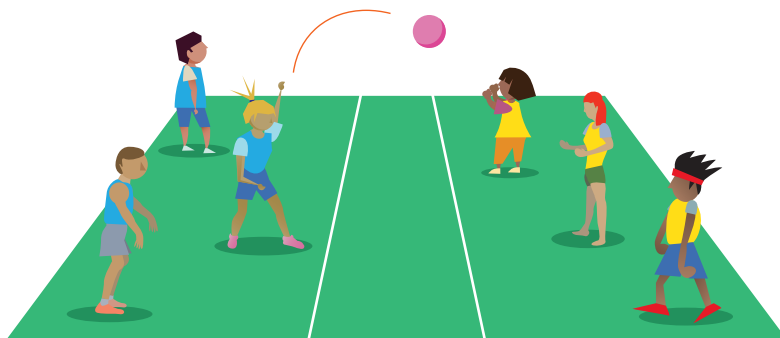
Throwing | Catching | Striking

# SPORTAUS



## Game setup:

Mark out a court with a no-go zone in the middle. Put players into pairs or teams of 3. One pair or team to stand in each end of the court.



## OPTION 1: COOPERATIVE ACTIVITY

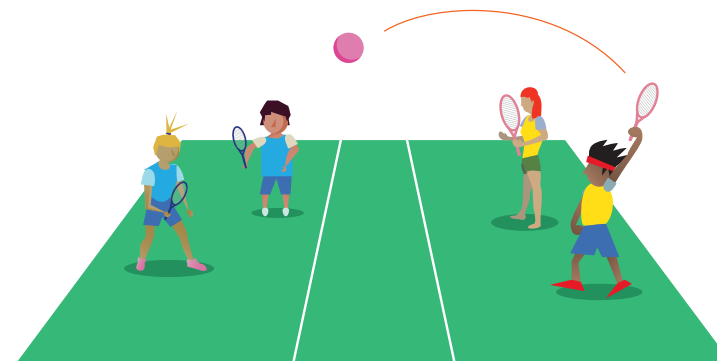
**TO SERVING TEAM:** "Throw the ball over the no-go zone for someone on the other side to catch."

**TO RECEIVING TEAM:** "Catch the ball then throw it back."

**TO ALL:** "See how many times you can throw the ball over the no-go zone and back without dropping it."

Keep count of how many passes in the rally. Repeat and see if the group can beat their score.

**ASK:** "What height should you throw the ball to make it easy for the other team to catch it?"



## OPTION 2: COMPETITIVE ACTIVITY

**TO SERVING TEAM:** "Throw the ball over the no-go zone and try to make it bounce on the other side of the court."

**TO RECEIVING TEAM:** "Catch the ball before it bounces and throw it back."

**TO ALL:** "Try to place your throw so it is difficult for the other team to catch the ball. Your team gets a point if the ball bounces on the other side of the court, or if the other team throw it out of bounds."

Play for a set amount of time and get teams to keep score. Rotate teams after each game.

**ASK:** "Where can you throw the ball to make it difficult for the other team to catch it?"  
"What can your team do to stop the ball from bouncing on your side?"

COACH INSTRUCTIONS

**FOUNDATION:**  
Skill Development

**COMPLEX:**  
Strategies & Tactics



# BRANCH OUT! Tips to modify Team Rally

## Rules:

- > Play with a racquet and hit the ball over the no-go zone.
- > Make it easier by allowing the ball to bounce once before being returned.
- > Make it harder by enforcing a 'hot potato' rule where players must tap the ball back with their hands (play 1-handed as a lead into using a tennis racquet).
- > Change scoring, e.g. first team to reach 11 points wins.

## Equipment:

- > Make it easier by using a large, soft ball or balloon.
- > Provide balls of a specific colour or sound to meet needs of individual players.
- > If playing with a bat or racquet, vary the size and weight.
- > Use a net instead of a no-go zone.

## Environment:

- > Change the dimensions of the court according to ability level and mobility needs.
- > Increase or decrease the size of the no-go zone.
- > Replicate games across several courts to ensure all participants are engaged.

## 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 groups or join in the game.
- > **Match players** of even ability levels.
- > Use **questioning** to encourage players to think of their own strategies.

## ALTERNATE SPORTS & SKILLS

This game can be used to develop striking and rallying skills for tennis. It can also be used to develop throwing and catching skills for basketball and netball.



## SAFETY!

- > Ensure there is adequate space between courts.
- > Ensure the equipment used is suitable for the ability level of the players.
- > Players must throw the ball at a safe height and speed (not too vigorous).
- > Players should call "MINE" when taking a catch to avoid collisions.



# Rally Around

## SKILL FOCUS

Striking | Team Work

SPORTAUS



### GAME SUMMARY:

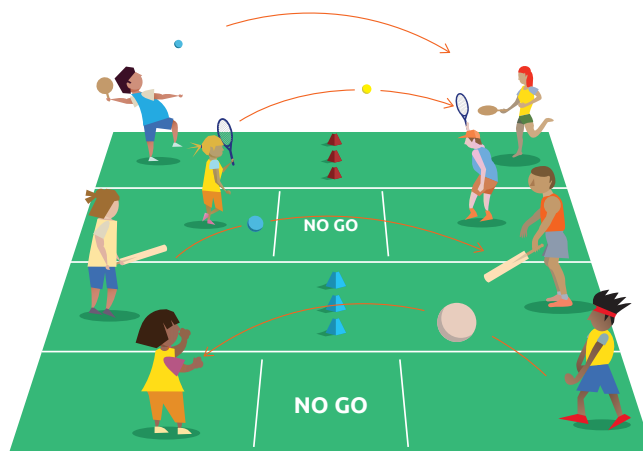
Players work in pairs to hold a rally for as long as they can at each hit-and-rally station.

### Equipment needed:

- > Tennis racquets or tennis bats
- > Balls
- > Range of equipment to make at least 4 stations, e.g. witches hats, markers, chalk / tape, hurdles

### Game setup:

Set up hit-and-rally stations, each with a no-go zone or objects to hit over. Split players into pairs. Each pair can start at a different station and rotate around stations in the same direction.



## COACH INSTRUCTIONS

### STAGE 1

"Hit the ball to your partner. Your partner will then hit it back. Keep going until I call **STOP**."

### STAGE 2

"Hit the ball to your partner. Your partner will then hit it back. Try to have a long rally by hitting the ball between you and your partner as many times as you can. After 1 minute I will call **STOP**. You will then move onto the next station."

**Scoring Optional:** Pairs count how many shots they can make in a rally. Pairs try to beat their score at the next station.

**ASK:** "Where should you aim your throw / hit to make it easier for your partner to get it back?"

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies &amp; Tactics

## PHYSICAL LITERACY ELEMENTS

Movement Skills | Object Manipulation | Coordination | Collaboration | Perceptual Awareness

## AC:HPE CONTENT DESCRIPTIONS

ACPMPO25 | ACPMP043

# BRANCH OUT! Tips to modify Rally Around

## Rules:

- > Allow players to throw the ball back and forth to each other instead of using a racquet. Vary the throw e.g. underarm, overarm.
- > Allow 1 or 2 bounces before returning the ball.
- > Change partners, e.g. players on one side stay at their station while players on the other side rotate around.
- > Vary rally type. Have all pairs throwing and catching or all pairs using racquets, or a combination of both.

## Teaching Style:

- > Use **one on one coaching** to assist with skill development during the game.
- > Use **role models** to highlight skilful play.

## Equipment:

- > Vary the ball. Make it easier by using a larger, softer ball. Also use low compression tennis balls.
- > Vary racquets according to ability level.
- > Any equipment can be used to mark out no-go zones or obstacles to hit / throw over, provided it is safe.

## Environment:

- > Game can be played indoors or outdoors, on grass or hard surfaces.
- > Expand or decrease size of playing space.
- > Make no-go zones bigger or smaller.

## ALTERNATE SPORTS & SKILLS

This game can be used to develop striking and rallying skills for tennis. It can also be used to develop throwing and catching skills for basketball and netball.



## SAFETY!

- > Ensure sufficient space between groups.
- > If players need to enter another pairs' playing space to retrieve a ball, make sure play is stopped.
- > Ensure the equipment used is suitable for the ability level of the players.
- > Players must throw / hit the ball at a safe height and speed (not too vigorous).

# Keep The Ball Up

## GAME SUMMARY:

Players work in groups to keep the ball off the ground for as long as possible by passing or hitting a ball to each other.

## Equipment needed:

- Balls (various sizes)
- Racquets or bats (optional)
- Coloured dots (optional)
- Markers

## SKILL FOCUS

Throwing | Catching | Striking |  
Shot Placement

# SPORTAUS

Special  
Olympics  
Australia



## Game setup:

Use a flat playing space. Put players into groups of up to 6. Dots can be placed in a circle on the ground to show players where to stand (optional). If developing the skill of striking, give each player a bat or racquet and a ball appropriate to their skill level.



### STAGE 1 - Cooperative

Players all work together as one team.

TO PLAYERS: "Throw the ball up in the air towards another player. If the ball comes near you, catch it before it touches the ground and throw it up towards another player."

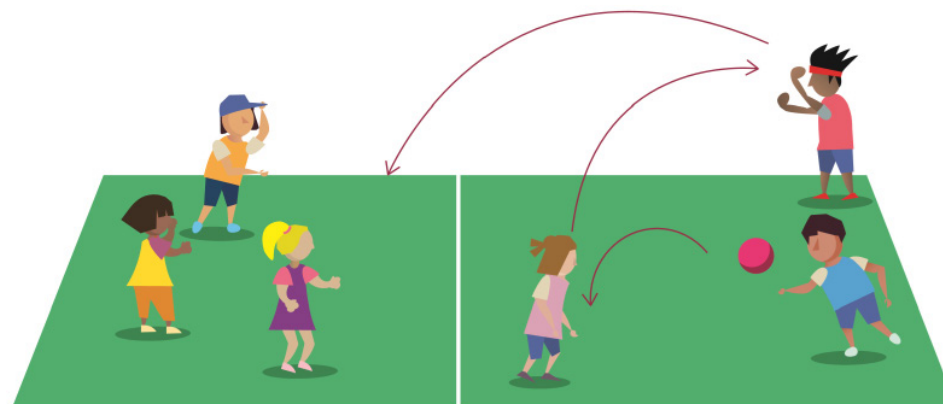
Players work as a team to keep the ball off the ground as long as possible.

Scoring optional: Teams count how many passes/hits they can make before the ball touches the ground. Start again and try to beat their score.

ASK: "How can you tell your teammates that you will catch the ball?"

### FOUNDATION:

Skill Development



### STAGE 2 - Competitive

Split players into 2 teams of 3 and mark out a line in between the teams.

TO PLAYERS: "Throw the ball up to one of your team mates. They need to catch it and throw it to the other players on your team. Once all the players on your team have touched the ball, you can throw it over the line to the other team. Try to make the ball bounce on the other side of the line. Keep the ball off the ground on your side of the line."

Teams score 1 point if the ball bounces on the other side of the line. Any player can pick up the ball to continue the game.

ASK: "Where should you aim to throw the ball on the other side of the line?"

### COMPLEX:

Strategies & Tactics

COACH INSTRUCTIONS

# BRANCH OUT! Tips to modify Keep The Ball Up

## Rules:

- > Players can throw overarm, underarm or hit the ball with a racquet or bat.
- > For the competitive game, play with 2-4 players on each team.
- > Limit the amount of time players can hold the ball or implement a 'hot potato' rule.
- > Allow free movement or, if using coloured dots, allow players to keep only one foot on the dots.

## 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. Balloons or beach balls can also be used.
- > Use tennis racquets or lighter bats if relevant.

## Teaching Style:

- > Use **visual aids** such as picture cards to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist each group.
- > Use player **role models** to demonstrate good shot placement.
- > Use **questioning** to encourage players to think of their own strategies.

## Environment:

- > Mark out a no-go zone between teams to make players throw/hit further.
- > Play indoors or outdoors on a flat non-slip surface.

## ALTERNATE SPORTS & SKILLS

Use this game to develop throwing, catching and hand-eye coordination. Give players a bat or racquet to develop tennis skills.



## SAFETY!

- > Ensure there is enough space between groups and games.
- > Players wait behind the line and only retrieve balls once all balls have been thrown.
- > Use balls appropriate for ability level.

# Flip It

## GAME SUMMARY:

Play in 2 teams. One team turns markers the right way up, the other team turns markers upside down. Teams try to have the most markers facing their team's way after a set time.

## SKILL FOCUS

Locomotor Movement

**SPORTAUS**



## Equipment needed:

> Field markers (at least 1 per player)

## Game setup:

Spread markers around the playing area. Place half the markers the right way up and half the markers upside down.

Split players into 2 even teams.



## COACH INSTRUCTIONS

### STAGE 1

Assign each team with either 'upside down' or 'right way up' markers. You can also use fun names such as domes & dishes, builders & bulldozers, saucepans & lids or bunkers & shelters.

*"If you see a marker sitting in the other team's position, flip it over so it is sitting the same way as your team."*

Call **"STOP!"** after 30-60 seconds. Get teams to count the markers sitting the way of their team. The winning team scores a point.

### STAGE 2

Progression from stage 1.

*"Talk to your team about how you can work together to flip all the markers your way."*

Play for a set period of time and call **"STOP!"**

**ASK:** *"How did you work as a team to flip as many markers your way as possible?"*

## FOUNDATION:

Skill Development

## COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Flip It

## Rules:

- > Vary the playing time.
- > Players can only touch one marker at a time.
- > Players cannot flip the same marker more than once.
- > Change the number of players on teams. Can have uneven numbers.
- > Change locomotor movement, e.g. players must jump or skip between markers.
- > Flip and run – players need to run and step over a boundary line after each marker they flip. This will spread the players out.

## Teaching Style:

- > Use **staff helpers** to assist each team.
- > Use **questioning** to encourage participants to think of their own strategies.

## Equipment:

- > Skittles or witches hats can be used instead of markers. Be mindful though that these are easier to knock over than to stand up so you may need uneven team numbers.

## Environment:

- > Make the playing area bigger or smaller.
- > Increase or decrease the space between markers.

## ALTERNATE SPORTS & SKILLS

This game can be used as a warm up for any sport.

## SAFETY!

- > Ensure playing area is free from obstructions.
- > Players need to be aware of others around them.
- > If the area is too confined, players can be restricted to walking for safety.

# Skittle and Wall

## GAME SUMMARY:

Players throw or hit a ball at a wall trying to use the rebound to knock over skittles with the ball.

## Equipment needed:

- > 6 - 8 Skittles per group
- > Balls (3 per group)
- > Tape or chalk
- > Coloured dots (optional)

## SKILL FOCUS

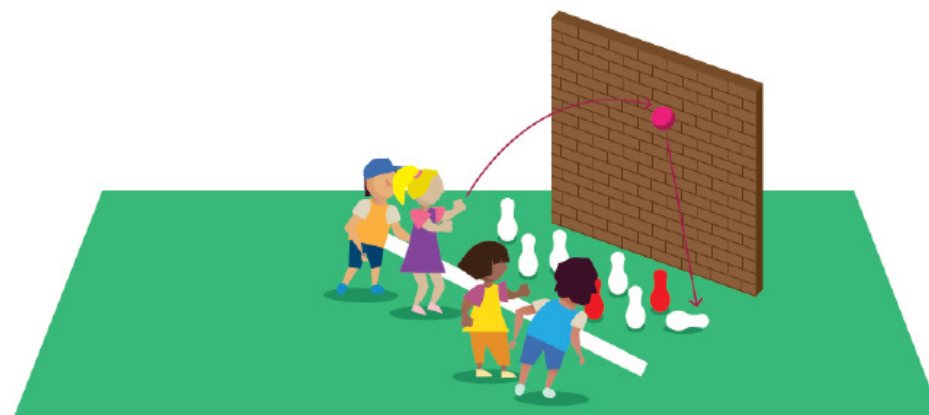
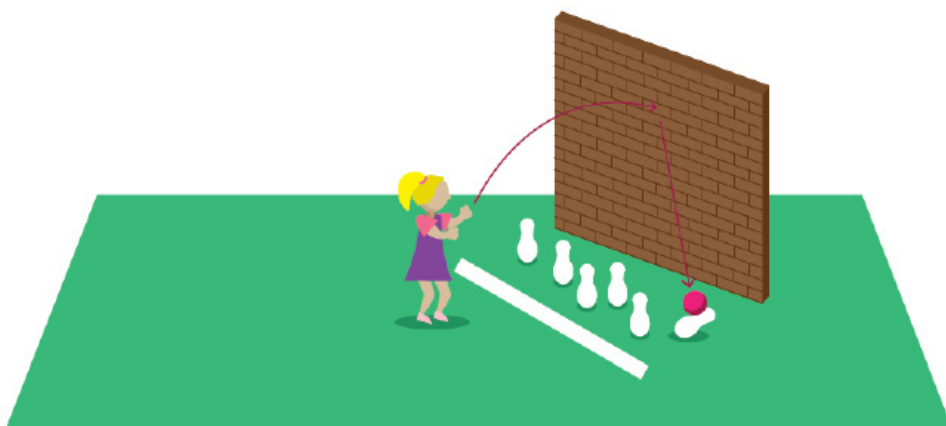
Throwing | Shot Placement

# SPORTAUS



## Game setup:

Use a flat playing space against a wall. Set up 6 - 8 skittles approximately 1.5 metres off the wall. Draw a line behind the skittles approximately 2 - 2.5 metres off the wall. Players stand behind the line facing the wall and skittles (coloured dots can be used to show where to stand).



## COACH INSTRUCTIONS

### STAGE 1

Play individually. Each player stands behind the line.

*"Throw the ball at the wall. Try to make it bounce off the wall and knock down a skittle."*

Players take it in turns to throw the ball.

Scoring optional: Players get 1 point for each skittle they knock down.

### STAGE 2

Play in pairs. Pairs line up behind the line.

*"Throw the ball at the wall. Try to make it bounce off the wall and knock down a skittle. After you have had a throw it is your partner's turn."*

Pairs play against another pair. Keep going until all skittles have been knocked down. Pairs count how many skittles they knock down. The team who knocks down the most skittles wins.

### STAGE 3

Progression from stage 2. Place 2 skittles of a different colour, e.g. red, within the group of skittles (or you can use a different object such as a plastic bottle or witches hat).

*"This time the [red] skittles are worth 5 points and the rest are worth 1 point. The team with the highest score once all skittles have been knocked down wins."*

## ASK:

*"Which skittles will you try to knock down first?"*

*"Where on the wall will you aim at to try to knock down the [red] skittles?"*

## FOUNDATION:

Skill Development

## COMPLEX:

Strategies & Tactics



# BRANCH OUT! Tips to modify Skittle and Wall

## Rules:

- > Vary the skill according to the sport you're coaching. Players can throw overarm, underarm, hit the ball with a tennis racquet, kick or bowl the ball at the wall.
- > Play in teams of 3.
- > Use more balls. Give each player 2 or 3 attempts each turn.
- > Allow players to throw from wherever they choose from behind the line.

## 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.
- > Use tennis racquets and balls if relevant.
- > Use anything that can be knocked over instead of skittles e.g. plastic bottles, witches hats, drink bottles.

## Teaching Style:

- > Use **visual aids** such as picture cards to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist each group.
- > Use player **role models** to demonstrate good shot placement.
- > Use **questioning** to encourage players to think of their own strategies.

## Environment:

- > Vary the throwing distance. Move the skittles and the throwing line closer or further from the wall.
- > Play indoors or outdoors.
- > If no wall is available, players can aim directly at the skittles without using a deflection.

## ALTERNATE SPORTS & SKILLS

This game can be used to develop shot placement skills.

Players can hit the ball at the wall to develop tennis skills. The ball can also be bowled or kicked at the wall.



## SAFETY!

- > Ensure there is enough space between groups and games.
- > Players wait behind the line and only retrieve balls once all balls have been thrown.
- > Use balls appropriate for ability level.



# Continuous Cricket

## SKILL FOCUS

Striking | Fielding  
Shot Placement | Throwing | Catching

# SPORTAUS

Special  
Olympics  
Australia

### GAME SUMMARY:

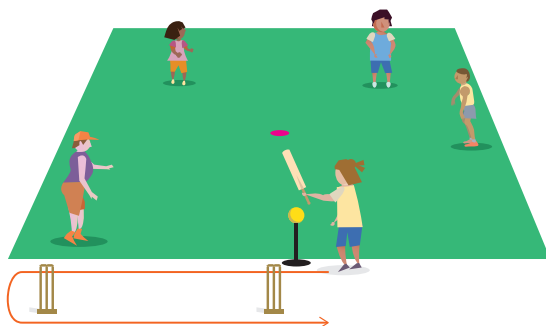
A ball is bowled to the batter who hits the ball and runs to a marker and back. Fielders try to get the ball back to the bowler as fast as possible.

### Equipment needed:

- > 1 bat
- > 1 ball
- > Field markers / coloured dots
- > Batting tee (optional)

### Game setup:

Mark out a square playing area. Put a coloured dot to mark where the bowler stands. Place a set of wickets behind where the batter stands, and another set of wickets approximately 4 – 6 metres to the side. Play with 1 batter and no more than 5 fielders.



### STAGE 1

Place ball on batting tee.

**TO BATTER:** "Hit the ball into the field then run to the wickets and back."

**TO FIELDERS:** "Stop the ball before it goes past you. Put it back on the batting tee as quickly as you can."

Swap batter after each turn.

### STAGE 2

Bowler bowls the ball.

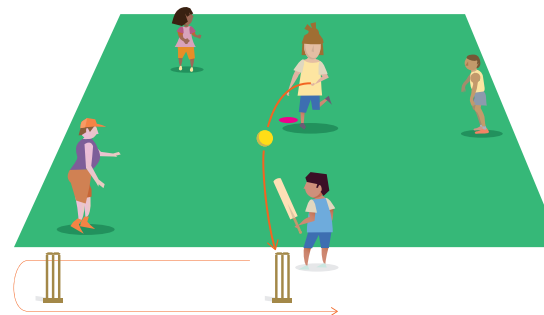
**TO BOWLER:** "Throw the ball underarm towards the wickets."

**TO BATTER:** "Hit the ball into the field then run to the wickets and back."

**TO FIELDERS:** "Field the ball then throw it back to the bowler. The bowler can bowl the ball at the wickets at any time."

Give each batter 5 turns then swap with someone in the field. Batters can't go out.

**ASK BATTER:** "Where is the best place to hit the ball to make it hard for the fielders?"



### STAGE 3

Progression from stage 2.

**TO BATTER:** "This time, if your ball is caught by a fielder you are out. If the bowler hits the wickets with the ball you are also out."

Swap batters after 5 - 10 turns if they do not go out. Batters count how many runs they make in total.

**ASK TO FIELDING TEAM:** "Where should you stand in the field?"  
How can you work together to get the ball back to the bowler quickly?"

COACH INSTRUCTIONS

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

### PHYSICAL LITERACY ELEMENTS

Moving with Equipment | Object Manipulation | Coordination | Rules | Self-Regulation (Emotions) | Strategy & Planning

### AC:HPE CONTENT DESCRIPTIONS

ACPMPO43 | ACPMP045 | ACPMP061 | ACPMP063

# BRANCH OUT! Tips to modify Continuous Cricket

## Rules:

- > Fielder must pass to another fielder before throwing the ball to the bowler.
- > Batters can make more than 1 run each turn.
- > Play with 2 batters, one at each set of wickets. Batters change places after each hit.
- > Bowler can bowl underarm or overarm (if safe).

## Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller ball.
- > Vary the type of bat. To make it easier, use a light, wide bat (e.g. tennis bat). To challenge players, use a heavier, narrow bat (e.g. cricket bat.)
- > Use a batting tee or witches hat to hit off. Field markers can be used to kick off.

## Teaching Style:

- > Use **role models** to demonstrate effective batting and fielding skills.
- > Use **questioning** to encourage teams to think of their own strategies.
- > **Modify equipment and rules** during the game to suit ability level of individual batters.

## Environment:

- > Replicate game if there are more than 6 players.
- > Increase or decrease size of playing area.
- > Move batter's wickets closer or further apart.

## ALTERNATE SPORTS & SKILLS

Use this game to develop cricket or softball batting skills. Balls can also be thrown, rolled or kicked into the field.



## SAFETY!

- > The fielders need to be a safe distance away from the batter until the ball has been hit.
- > Batters must hit into the playing area and below head height.
- > Batters must run with the bat, not drop or throw it.
- > Players on the fielding team need to be aware of others around them and take care when picking up and throwing balls. To avoid collisions, the fielder closest to where the ball is hit should call 'MINE'.
- > Fielders must not interfere with running batters.

# Continuous Tennis

## SKILL FOCUS

Striking | Shot Placement

SPORTAUS



### GAME SUMMARY:

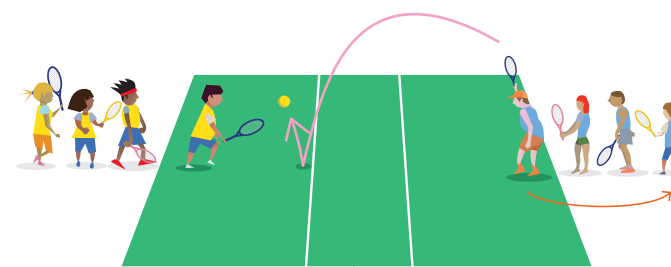
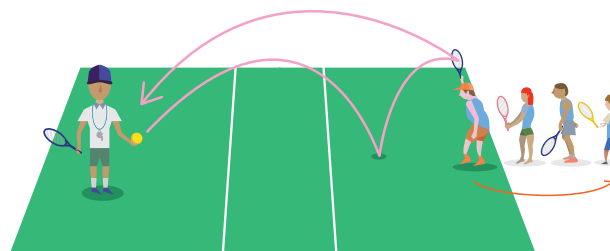
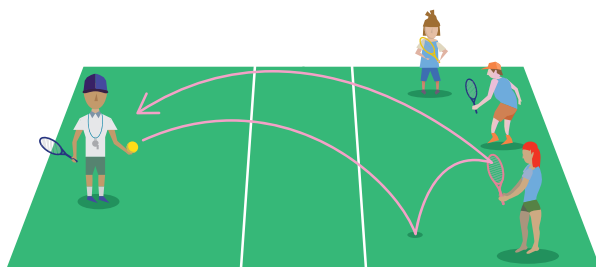
Players hit the ball to the other side of the court then run to the back of the line, making way for the next player in line to hit the ball.

### Equipment needed:

- > Tennis balls (low compression)
- > Racquets - 1 per player
- > Markers

### Game setup:

Play on tennis courts or mark out playing spaces with a no-go zone in the middle to hit over. Split players into teams of 3 or 4. 1 ball for each court.



### STAGE 1

#### Coach vs Players:

Players spread across their side of the court.

*"When I hit the ball to you, try to hit it straight back to me."*

Hit the ball to each player one at a time. After a few shots, get players to move to another spot on the court.

### STAGE 2

#### Coach vs Players:

Players make 1 line behind the base line with the first player on the court ready to receive the ball.

*"I will hit the ball to you. The first person in line needs to hit the ball back to me then run to the end of the line. The next person in line will then hit the next ball back and run to the end of the line."*

### STAGE 3

#### Players vs Players:

One line of 3 or 4 players at each end.

*"The first person in line needs to hit the ball over the net / no-go zone then run to the end of the line. The next person in line will then hit the next ball over."*

Alternate the team who serves to start the rally.

#### Scoring Options:

**COOPERATIVE:** Count how many shots are made in a rally between both teams. Repeat and try to beat their score.

**COMPETITIVE:** A team gets 1 point if the other team is unable to hit the ball back, or if they hit the ball out of court.

COACH INSTRUCTIONS

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies &amp; Tactics

# BRANCH OUT! Tips to modify Continuous Tennis

## Rules:

- > Allow the ball to bounce twice.
- > Serve underarm or overarm. Give players 3 attempts to serve accurately.
- > Change scoring e.g. use a tennis scoring system.
- > Vary numbers on each team.
- > Swap teams – players hit the ball then run to the end of the line on the other side of the court.

## Equipment:

- > Make it easier with a large or low compression ball. Make it challenging with a smaller, harder ball. A balloon can be used if playing indoors.
- > Mark out boundary lines with tape or chalk to make it easier to see if the ball bounces out of bounds.

## Teaching Style:

- > Use **staff helpers** to assist each group, or individuals within the groups.
- > Use **role models** to highlight good hitting technique.

## Environment:

- > Change the dimensions of the court.
- > Replicate game to ensure players get regular turns.

## ALTERNATE SPORTS & SKILLS

Use this game to develop rallying and shot placement skills for tennis. Swap the racquet and tennis ball for a larger ball and use this game to develop passing skills for netball and basketball.



## SAFETY!

- > Ensure there is adequate space between players and groups.
- > Use equipment that is suitable for the ability level of the players.
- > Ensure players waiting for their turn stand behind the base line.
- > Players must quickly get out of the way of the next player. Specify which side of the line players need to run along to get to the back.
- > Ensure play is stopped if a ball needs to be retrieved from another group's playing space.