

Triangle Roll

SKILL FOCUS

Bowling | Fielding

SPORTAUS



GAME SUMMARY:

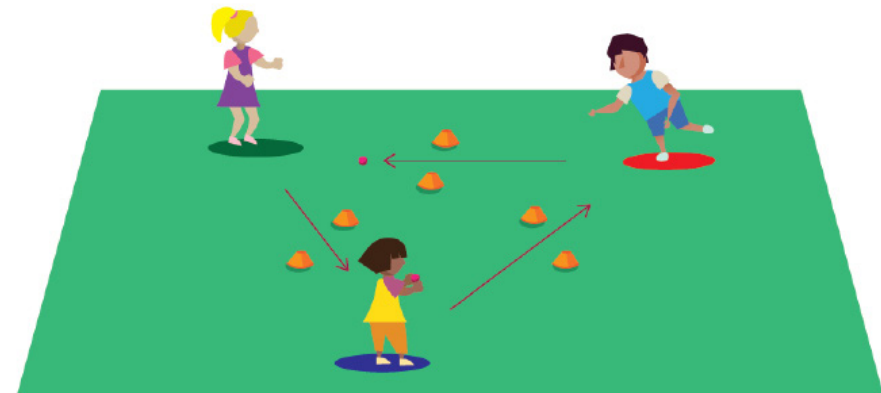
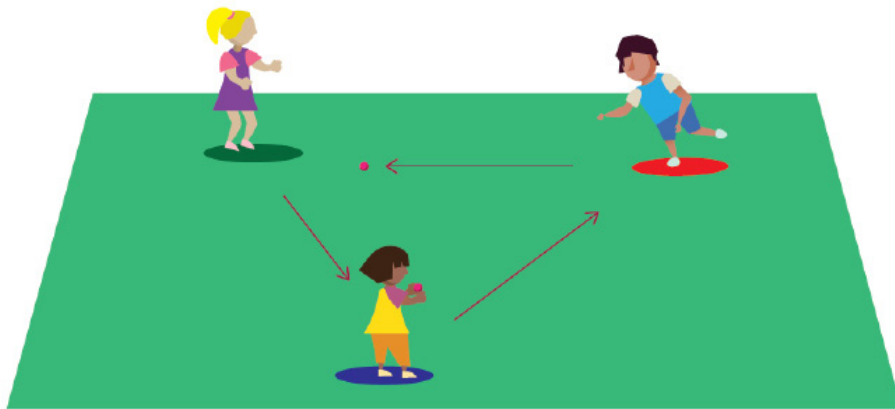
Players stand on points of a triangle and roll or bowl a ball to each other.

Equipment needed:

- Coloured dots
- Balls (various sizes)
- Markers or cones

Game setup:

Mark out a triangle with 3 - 5 metres between each point. Use a different coloured dot for each point of the triangle, e.g. blue, red, green. Put players in groups of 3. Ask each player to stand on a dot. Give each group one ball.



COACH INSTRUCTIONS

STAGE 1

Use player names and colours of dots when giving instructions.

TO PLAYERS: "Player 1 will bowl the ball to player 2 on the red dot. Player 2 will then bowl the ball to player 3 on the green dot. Player 3 will bowl it back to the start [player 1] on the blue dot. Keep going until I call STOP."

Scoring optional: "I will call STOP after 1 minute. Count how many times you can bowl the ball before I call STOP." Teams try to beat their score.

STAGE 2

Progression from stage 1. Place 2 cones to act as a gate between each of the players.

TO PLAYERS: "This time you need to bowl the ball through the cones to your teammates. You get 1 point if your ball goes through the middle of the cones without touching them. Count how many points your team can get before I call STOP."

Call STOP after 1 minute.

ASK: "What should you do with your feet when you bowl the ball?"
"How can you stop the ball from rolling past you?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Triangle Roll

Rules:

- > Vary the time challenge e.g. 30 seconds or 2 minutes.
- > Vary the scoring e.g. 1 point for each time the ball goes around the triangle.
- > Players perform an action after they bowl the ball e.g. star jump.
- > Call "**CHANGE DIRECTION**" to make teams bowl the ball in the opposite direction around the triangle.

Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller, harder ball.
- > Select balls with different colours or textures, or use a noisy ball such as a goal ball or a ball wrapped in a plastic bag to suit individual needs.

Teaching Style:

- > Use **visual aids** such as picture cards to show the skill you want players to perform.
- > Use player **role models** to demonstrate the correct technique.

Environment:

- > Replicate the game in an adjacent area to ensure all participants are engaged.
- > Make the triangle larger or smaller.
- > Make it harder by moving the goal cones closer together. Make it easier by moving them further apart. Move the goals closer or further away from players.
- > Play indoors or outdoors on grass or on a hard surface.

ALTERNATE SPORTS & SKILLS

Use this game to develop bowling accuracy and fielding skills for cricket and softball. Change the skill to develop kicking and passing skills for football.



SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players.
- > Ensure a safe distance between players and groups.
- > Play must stop before a player can retrieve a ball from another group's playing space.

Back to Back Pass

GAME SUMMARY:

Players work in pairs. Pairs stand back to back and make as many passes as they can in a set period of time.

Equipment needed:

- > Balls (1 per pair)
- > Markers

SKILL FOCUS

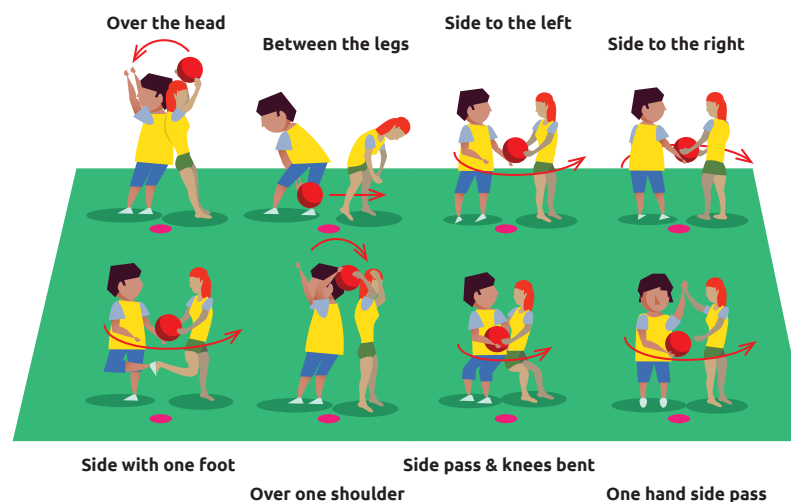
Passing

SPORTAUS



Game setup:

Split players into pairs and give each pair a ball. Pairs stand back to back. Players perform passes from the options below.



COACH INSTRUCTIONS

STAGE 1

Pairs remain stationary.

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

Scoring Optional: Pairs count how many passes they can make in a set period of time.

Repeat game, pairs see if they can beat their previous score.

STAGE 2

Pairs pass then move. Spread out several markers around the playing space.

*"Pass the ball 10 times between you and your partner. Run to another marker and make another 10 passes. Keep going until I call **STOP!** Count how many markers you get to."*

Repeat game, pairs see if they can beat their previous score.

ASK: *"How can you and your partner work together to pass quickly and get to more markers?"*

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Back to Back Pass

Rules:

- > Vary the time challenge.
- > Call "**CHANGE**" to change passing direction.
- > Swap partners.
- > Vary the passing challenge, e.g. pairs make a combination of passes at each marker such as side / over / under. Or perform different passes at each marker (e.g. red marker = over the head, green marker = side to side, blue marker = between the legs).
- > Make it easier by allowing players to move their feet while passing.

Equipment:

- > Vary the type of ball according to ability level.
- > Use textured balls, noisy balls or brightly coloured balls if appropriate.
- > Players can sit back to back on chairs to perform passes.

Environment:

- > Play indoors or outdoors on grass or hard surfaces.
- > Minimise background distractions.

Teaching Style:

- > Use **picture cards** of the pass you want players to perform.
- > Use player **role models** to highlight good passing technique.
- > Use discrete **one on one coaching** to assist with skill development.
- > **Pair players** of similar ability level and height.

ALTERNATE SPORTS & SKILLS

This game can be used as a passing warm up or low intensity indoor activity 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.

Pairs Racing

GAME SUMMARY:

Players race their partner using different locomotor movements.

Equipment needed:

- > Coloured dots
- > Markers
- > Bibs or colour bands

SKILL FOCUS

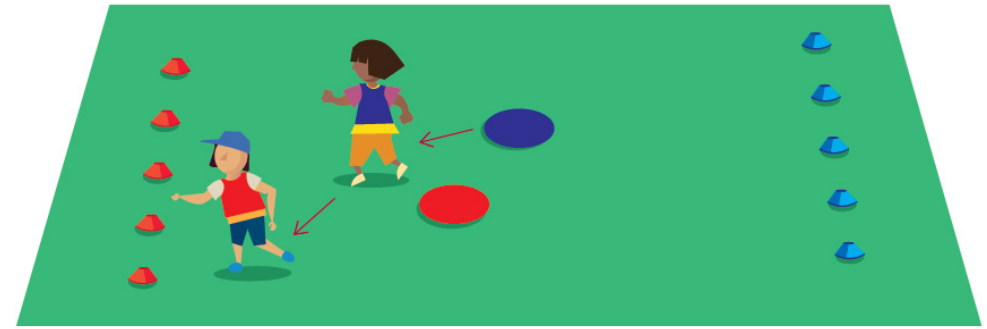
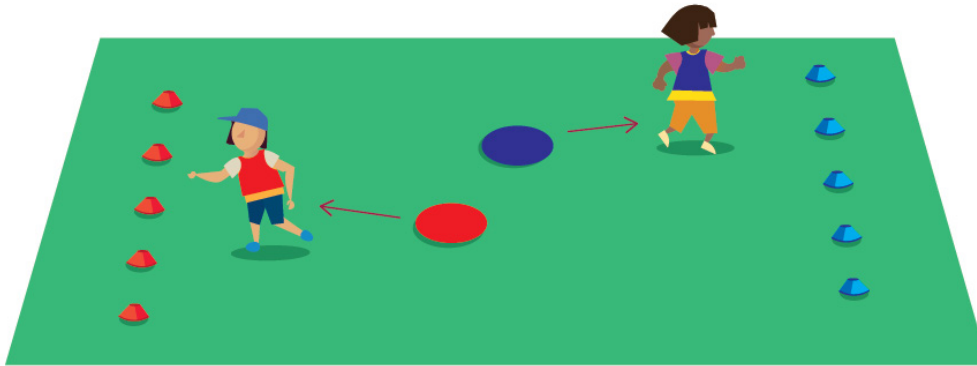
Locomotor movement

SPORTAUS



Game setup:

Use the same 2 colours for the markers, dots and bibs (e.g. blue and red). For each pair, place a blue dot and a red dot approximately 1.5 metres apart. Place a row of blue markers approximately 7 - 10 metres from the blue dot, and a row of red markers the same distance from the red dot at the opposite end. Put players in pairs of similar ability. Give one player from each pair a red bib and ask them to stand on the red dot. Give the other player a blue bib and ask them to stand on the blue dot.



COACH INSTRUCTIONS

GAME 1: SPLIT

Players stand on their dot facing opposite directions.

TO PLAYERS: "When I say GO, if you are standing on a blue dot run to the blue markers, if you are standing on a red dot run to the red markers."

Change locomotor movements after a few turns, e.g. skipping, hopping, jumping.

Scoring optional: 1 point for the player who reaches the markers first.

GAME 2: CHASE

Players stand with both feet on their dot.

TO PLAYERS: "When I call RED, if you are standing on a red dot, run to the red markers. If you are standing on a blue dot, chase your partner and try to tag them before they get to the red markers. When I call BLUE, if you are standing on a blue dot, run to the blue markers. If you are standing on a red dot, chase your partner and try to tag them before they get to the blue markers."

Change locomotor movements after a few turns e.g. skipping, hopping, jumping.

Scoring optional: 1 point for players who get to the markers without being tagged. 1 point for players who tag their partner before they get to the markers.

BRANCH OUT! Tips to modify Pairs Racing

Rules:

- > Change the locomotor movements.
- > Add a challenge e.g. when you get to the markers do 5 star jumps.
- > For Game 1 '**Split**': players race to the marker and back to their dot (make sure they have a safe stopping distance between coloured dots).

Equipment:

- > Use a coloured dot or base for players to run to.
- > Use tape or lines instead of markers.
- > Introduce equipment relevant to the sport e.g. each player dribbles a basketball whilst running away from their partner

Teaching Style:

- > Use **visual aids** such as picture cards to show the locomotor movement you want players to perform.
- > Use **staff helpers** to run with players and guide them through the activity.

Environment:

- > Move the markers closer or further away from the dots depending on ability level.
- > Play indoors or outdoors on grass or on a hard surface.

ALTERNATE SPORTS & SKILLS

Use this game to develop locomotor movement skills for any sport.



SAFETY!

- > Ensure the playing space is free from hazards or obstructions. If playing indoors, make sure boundaries are well clear of walls.
- > Players need to be aware of those around them to avoid collisions.
- > Tags must be gentle.
- > Ensure a safe distance between pairs.
- > Ensure the locomotor movement is safe for the players. Start with a slow movement (e.g. walking) and gradually build speed.

Shuttle Ball

SKILL FOCUS

Throwing | Bowling | Catching | Kicking

SPORTAUS



GAME SUMMARY:

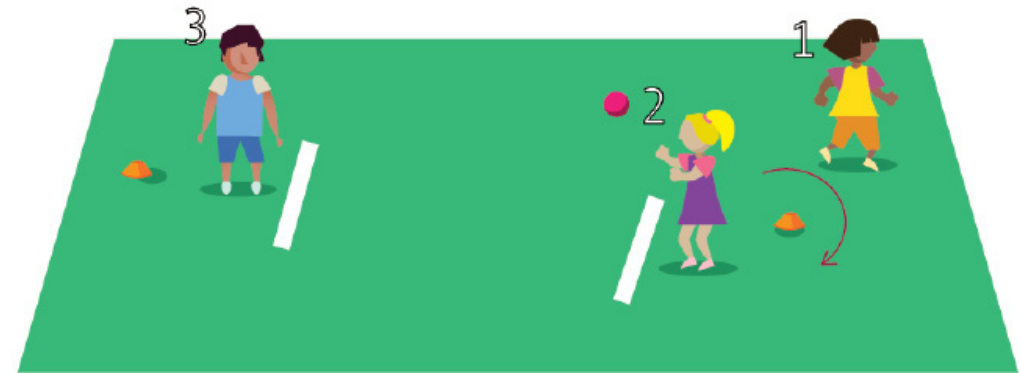
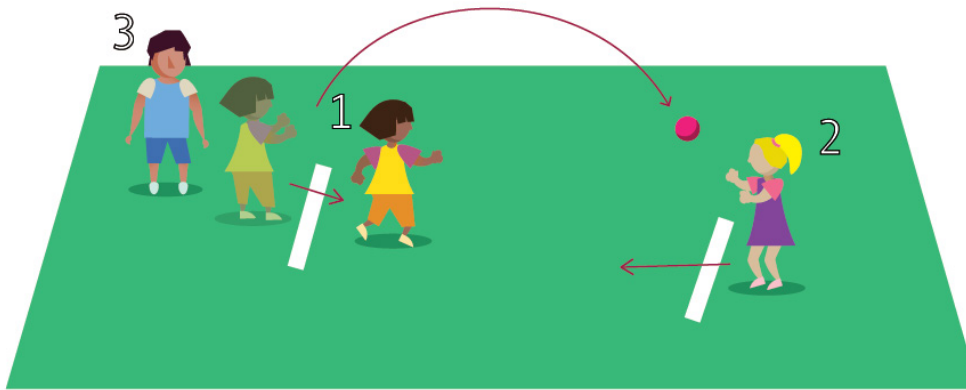
Players throw, kick or bowl a ball to a team mate. They then run to take the place of the person who receives the ball.

Equipment needed:

- Tape or chalk
- Balls (various sizes)
- Markers

Game setup:

Put players in groups of 3 or 4. Mark out 2 lines using tape or chalk approximately 3 - 5 metres apart for each group. Give one player from each group a ball. Players line up with equal numbers behind each line (if there are only 3 players, the third stands behind the player with the ball).



STAGE 1

TO PLAYER 1: "Pass the ball to your team mate on the other side. You then need to run and stand behind them."

TO PLAYER 2: "When you catch the ball, wait for the person who threw it to stand behind you before you pass it."

Scoring optional: "I will call STOP after 1 minute. Count how many passes you can make before I call STOP." Teams try to beat their score.

STAGE 2

Progression from stage 1. Place a marker approximately 2 metres behind each line.

TO PLAYER 1: "This time you need to pass the ball to your team mate on the other side, then run around the marker behind them and back to where they were standing."

TO PLAYER 2: "When you catch the ball, wait for the person who threw it to run past you before you pass it."

Teams count how many passes they can make in 1 minute. Repeat, teams try to beat their score.

ASK: "How can you work faster to make more passes in the set time?"
"Why do you need to wait for your team mate to run past you before you can pass the ball?"

COACH INSTRUCTIONS

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

PHYSICAL LITERACY ELEMENTS

Object Manipulation | Agility | Speed | Collaboration | Perceptual Awareness

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08 | ACPMP025

BRANCH OUT! Tips to modify Shuttle Ball

Rules:

- > Change the type of pass e.g. underarm, overarm, bounce pass.
- > Vary the time challenge e.g. 30 seconds.
- > Vary the scoring e.g. make running around the marker an optional bonus point.
- > Change the locomotor movement between lines e.g. skipping, hopping, jumping.

Equipment:

- > Use a ball relevant to the sport you are coaching.
- > Select balls with different colours or textures, or use a noisy ball such as a goal-ball or a ball wrapped in a plastic bag to suit individual needs.

Teaching Style:

- > Use **visual aids** such as picture cards to show the skill you want players to perform.
- > Use player **role models** to demonstrate the correct technique.
- > Include players with limited mobility by getting them to stay on one end and have other players run for them when they throw.

Environment:

- > Replicate the game in an adjacent area to ensure all participants are engaged.
- > Move the lines closer or further apart. Move the markers closer or further back.
- > Play indoors or outdoors on grass or on a hard surface.

ALTERNATE SPORTS & SKILLS

Use this game to develop passing skills for football, netball and basketball. Change the skill to develop bowling skills.



SAFETY!

- > Ensure players have moved behind the person with the ball before the ball is passed.
- > Ensure a safe distance between players and groups.
- > Play must stop before a player can retrieve a ball from another group's playing space.

Circle Ball Games

SKILL FOCUS

Throwing | Catching | Rolling

SPORTAUS

**Special
Olympics**
Australia



GAME SUMMARY:

These are fun energiser games using balls to develop hand eye coordination and concentration.

Equipment needed:

➤ Balls (netball size)

Game setup:

Players stand in a circle. Play with approximately 8 - 12 players.



COACH INSTRUCTIONS

GAME 1: CIRCLE GOAL BALL - ON THE FLOOR!

Players stand with their legs apart and outside of feet touching.

"You score a goal by rolling the ball across the circle through the legs of another player. You can use your hands to stop the ball rolling between your legs. Make sure the ball is rolled along the floor."

GAME 2: KEEP IT UP - IN THE AIR!

Players stand approximately 1 metre apart.

"Throw the ball up in the air to any player except the players next to you. Count how many passes you can make in a row without the ball hitting the floor."

Alternatively, use the alphabet to track how many passes the group can make, i.e. say a letter for each pass and see which letter they can get up to.

BRANCH OUT! Tips to modify Circle Ball Games

Rules:

- > Players can't throw or roll the ball to the players next to them or back to the player they received it from.
- > **Circle Goal Ball:** Add another ball into the game.
- > **Circle Goal Ball:** Play in teams. Every second player tries to keep the ball in the circle while the others try to force it out (through their own legs does not count).
- > **Keep It Up:** Allow the ball to bounce once.
- > **Keep It Up:** Add a time challenge to speed it up (e.g. see how many passes you can make in 30 seconds).

Equipment:

- > Use a ball relevant to the sport you are coaching.
- > **Keep It Up:** To make it easier, use a beach ball.
- > **Circle Goal Ball:** For players with a visual impairment, play with a goal ball, bell ball or a noisy ball (e.g. basketball wrapped in plastic bag). All players can wear eye shades / blind folds and use their listening skills.

Environment:

- > Vary the size of the circle by moving players closer or further apart.
- > Increase or decrease number of players.
- > Replicate game to ensure high involvement.
- > Play indoors or outdoors. Appoint some players as fielders to retrieve balls if required.

Teaching Style:

- > Use **visual aids** such as picture cards of a throw or roll to demonstrate the skill you want players to perform.
- > Use **staff helpers** to join in the game to increase engagement and intensity.

ALTERNATE SPORTS & SKILLS

Use these games as an energiser for any ball sport.



SAFETY!

- > Use a ball appropriate for the players' ability level.
- > Ensure a safe distance between individuals and games.
- > **Circle Goal Ball:** Make sure the ball is rolled along the ground.
- > **Keep It Up:** Ensure players throw safely for receivers to catch. Ideally players will call the name of the person they are throwing to.

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.

Hit the Square

SKILL FOCUS

Throwing | Catching

SPORTAUS

**Special
Olympics
Australia**



GAME SUMMARY:

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

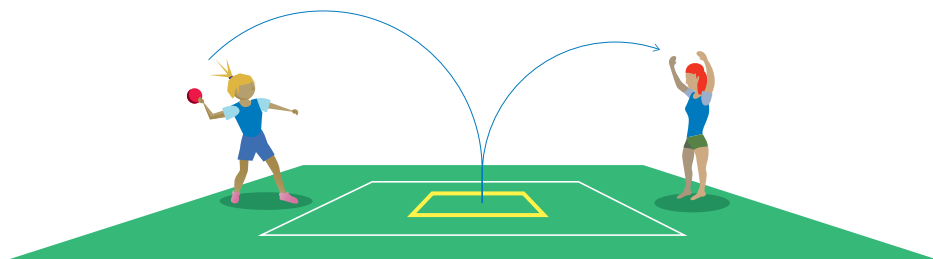
Equipment needed:

- 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.

L-o-n-g Pass

SKILL FOCUS

Throwing | Catching

SPORTAUS



GAME SUMMARY:

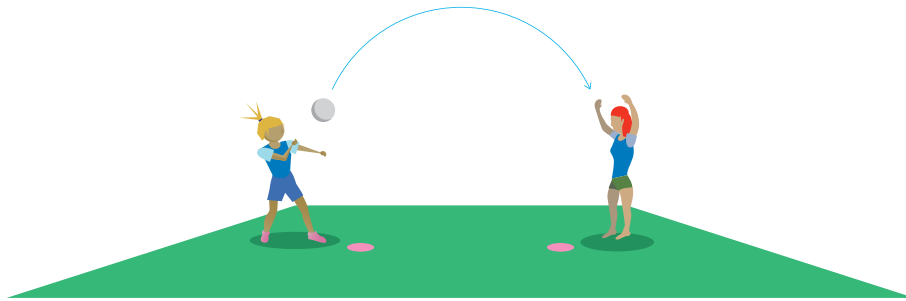
Players work cooperatively to pass as far as they can to each other.

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.

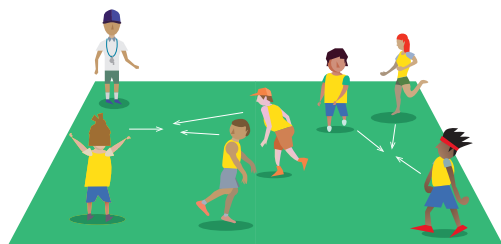
Making Groups

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:

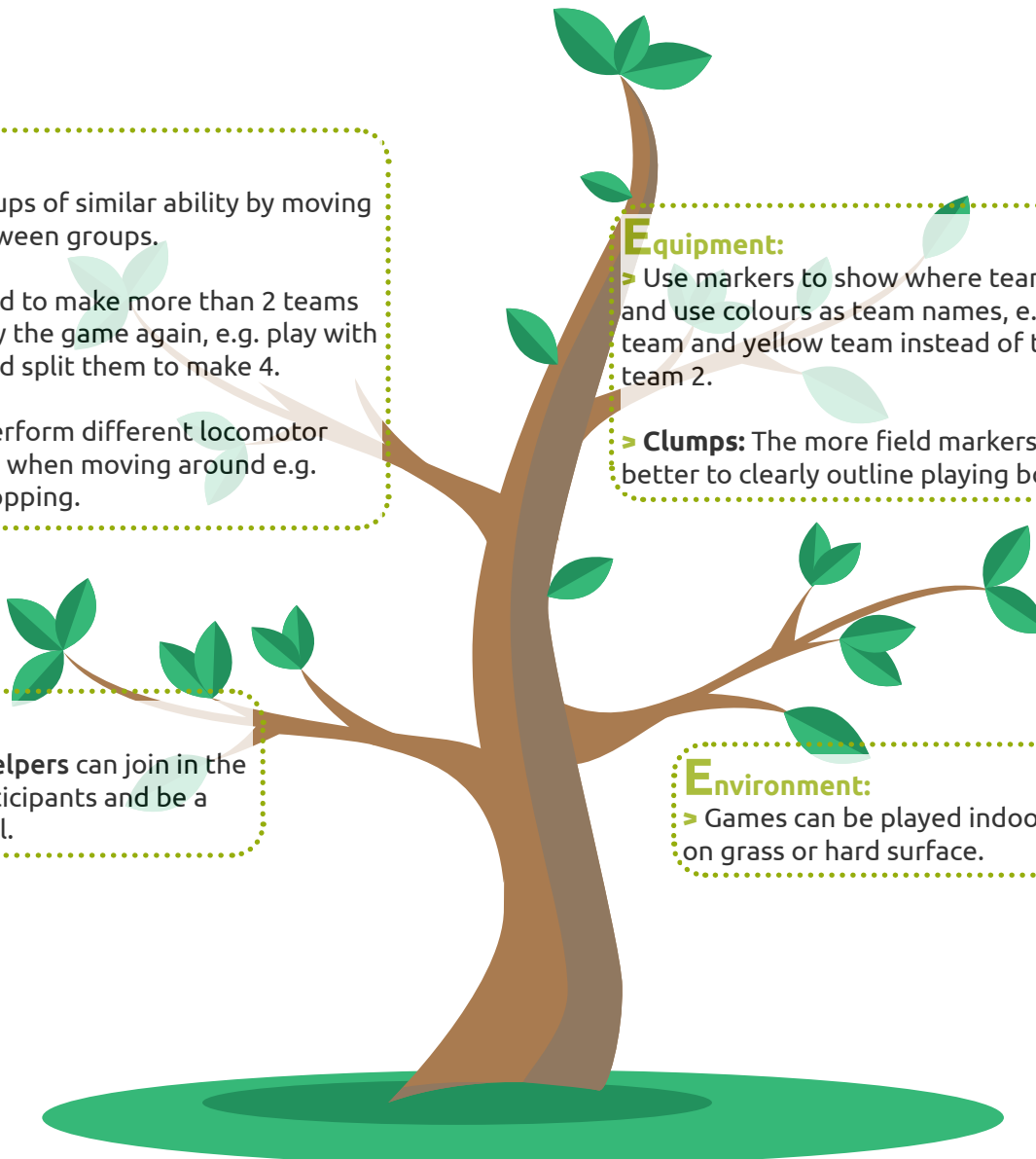
- > Games can be played indoors or outdoors, on grass or hard surface.

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
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GAME SUMMARY:

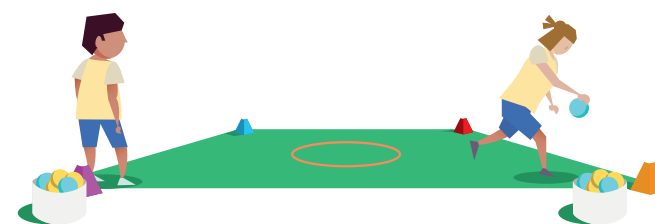
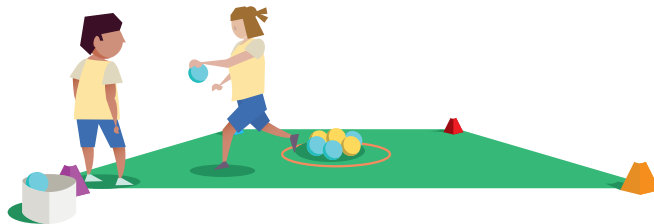
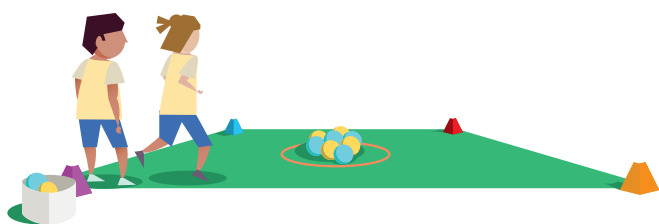
Players collect balls one at a time from the centre hoop and place them in their team bucket. Teams aim to get the most amount of balls in their bucket.

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.

Run the Circle

GAME SUMMARY:

Players work together to pass a ball around in a circle. A challenge is added to speed up the passing.

Equipment needed:

- > Balls
- > Coloured dots

SKILL FOCUS

Throwing | Catching

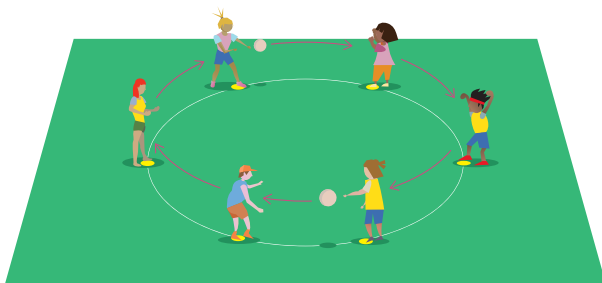
SPORTAUS

**Special
Olympics
Australia**



Game setup:

Place coloured dots (1 per player) in a circle, spaced evenly. Ask players to each stand on a coloured dot facing into the circle. Play with no more than 10 players in a circle.



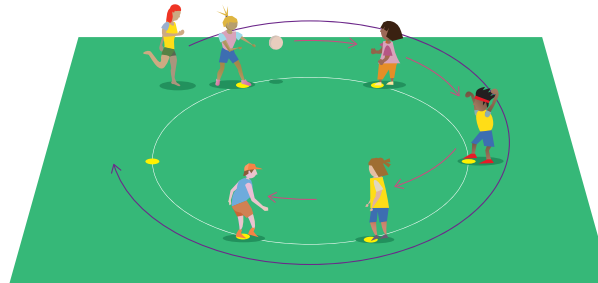
OPTION 1: BALL RACE

Give 2 players standing on opposite sides of the circle a ball.

"Pass the ball to the player on your left. Keep passing around the circle in a clockwise direction."

[Point in the direction players will pass].

"See if you can make one of the balls catch the other one."



OPTION 2: BEAT THE RUNNER

Give a ball to the running player.

TO THE RUNNER: *"Pass the ball to the person on your left. You then need to run around the outside of the circle until you get back to your dot. Run in the same direction that the ball is being passed. Try to beat the ball back."*

TO PASSERS: *"Pass the ball as fast as you can around the circle. Try to get the ball back to the start before the runner gets back to their dot."*

Rotate runners after each turn.



OPTION 3: PASS ON THE RUN

Play with up to 6 players per circle. Choose 1 player to stand in the middle of the circle and give them a ball. They are the passer.

TO THE PASSER: *"Pass the ball to each player one at a time. They will be moving so make sure you pass it slightly in front of them."*

TO THE PLAYERS IN THE CIRCLE: *"When I say GO, start walking around the circle in a clockwise direction."*

[Point in the direction players will move].

"When the passer throws you the ball, catch it and throw it back quickly."

Rotate passers frequently. Depending on ability level of group, slowly build up speed so players are jogging or running around the circle.

COACH INSTRUCTIONS

BRANCH OUT! Tips to modify Run the Circle

Rules:

- > Call "**CHANGE**" to get players passing the ball or moving in the opposite direction.
- > Vary type of pass, e.g. bounce pass, rolling.
- > **Ball Race & Beat the Runner:** Players can turn around so they are facing out of the circle.
- > **Ball Race:** Start the balls closer together.

Equipment:

- > Use a ball relevant to the sport you are coaching.
- > Vary the type of ball. Make it easier by using a larger softer ball. Make it harder by using a smaller ball.
- > Add a third ball for **Ball Race**.
- > Use a softball glove to catch if relevant.

Environment:

- > Make it easier by moving dots closer together so players can hand the ball to each other. Make it harder by moving the dots further apart.
- > The space between dots can be varied to meet individual ability levels (e.g. allow a player with lower ability to pass a shorter distance than the other players).
- > Replicate game if group number is higher than 10 to ensure high involvement.

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 to increase engagement and intensity.

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 games.
- > Ensure participants throw safely for their partner or team mate to catch.
- > For **Pass on the Run**, the passer should call the name of the moving player before they throw the ball.

Soctopus

GAME SUMMARY:
Players dribble a ball across the playing field whilst trying not to let defenders steal their ball.

- Equipment needed:**
- > Balls (1 per player)
 - > Field markers
 - > Bibs or coloured bands

Game setup:
Mark out a large rectangle playing area. Choose 1 or 2 players to be defenders and give them a bib. Defenders stand in the middle of the playing space. All other players line up along the end line with a ball each.

SKILL FOCUS

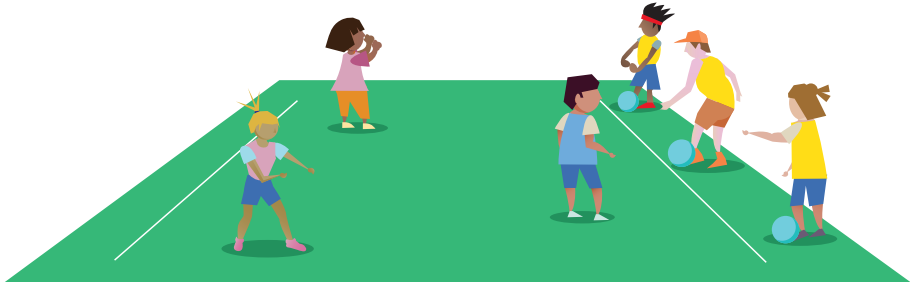
Dribbling



- Dribblers
- Defender



- Dribblers
- Defender
- Tagged



COACH INSTRUCTIONS

- STAGE 1**
- TO DRIBBLERS:** “When I say **GO**, dribble your ball to the other end line. Stay inside the boundary lines. Try not to let the defender take your ball.”
- TO DEFENDER(S):** “Try to steal a ball away from a dribbler. Be careful not to touch players as you take their ball. If you steal a ball, give that player your bib, take their ball and then you become a dribbler.”

Dribblers wait at each end for the coach or defender to call “**GO!**”

FOUNDATION:
Skill Development

- STAGE 2**
- TO DRIBBLERS:** “When I say **GO**, dribble your ball to the other end line. Stay inside the boundary lines. Try not to let the defender near your ball. If your ball gets stolen or kicked away, put your ball to the side of the court. You must then stand still on the field where your ball was kicked. As players dribble past you, try to tag them with your hands.”
- Dribblers who get tagged by stationary taggers also need to put their ball to the side and become a stationary tagger.
- TO DEFENDER(S):** “Try to steal or kick the ball away from the dribblers. Be careful not to touch the players as you go for the ball.”
- ASK:** “How can you use your body to protect your ball from defenders?” “Where should you try to look while you are dribbling to the other side?”

COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify Soctopus

Rules:

- > Add more defenders to make it harder for dribblers.
- > Give defenders a ball so they must also be dribbling.
- > Get defenders to call out a specific feature first so a smaller group (or individual) must get through the space before “GO” is called for the rest of the players. E.g. “Everyone wearing black shoes.”

Equipment:

- > Use different coloured markers for each end line so you can use the colours when explaining the game, e.g. line up behind the blue line. Dribble your ball to the green line etc.
- > Use balls relevant to the sport you are coaching.

Environment:

- > Make it harder for the defenders by making the area larger. Make it harder for the dribblers by making the area smaller.

Teaching Style:

- > **Play the game** with participants, either as a dribbler or defender.
- > Use **questioning** to encourage participants to think of their own strategies.
- > Use **one on one discrete coaching** during the game to help with skill development.

ALTERNATE SPORTS & SKILLS

Change the ball to develop basketball dribbling skills. Take the balls away and use this game as a warm up for any sport.



SAFETY!

- > Ensure playing area is free from obstructions.
- > Players need to be aware of others around them.
- > Ensure defenders do not touch dribblers to avoid pushing and tripping.
- > If the area is too confined, players can be restricted to walking for safety.

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 & 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.

Throw Throw Throw

SKILL FOCUS

Throwing | Catching

SPORTAUS



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.