

playing for all

NET & COURT GAMES PROGRAM PLANNER



Using the Program Planner

The Program Planner displays a sequence of Playing for All cards for delivering an eight-week program.

Each session is divided into three parts:

- Warm Up – A fun way to start the session and get participants active
- Get Into It – Games to develop and practice skills, strategies, and tactics
- Finish Up – A chance to review and seek feedback from your participants

The Program Planner is designed to be flexible. 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.

If all games are not completed in a session, a coach can use their discretion to start the next session with the remaining games or begin with the new games for that session.

Each Playing for All card has a series of levels. Not all levels need to be delivered, this will depend on the developmental ability of participants. Always start from level 1 and move up a level when participants can complete the game successfully.

Games are repeated in some sessions to provide an opportunity for participants to practice and consolidate skills. If a coach feels more repetition of games is required throughout the Program Planner, this is ok.

Keeping students engaged and having fun is important. The Program Planner includes 'participant choices' to allow participants to choose games they enjoy and would like to play again. Plan to ask your participants prior to the session, so you can plan what is required for this delivery.

Playing for All cards can be adapted and delivered in different sport themes. For example, games could be played by rolling an object (tenpin bowling or bocce) or by striking an object with equipment (golf).

Tip!

Don't forget to read the *Playing for All Delivery Guide* to help plan, prepare, deliver and review high quality sessions.

NET & COURT

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.

Developing Physical Literacy

Physical literacy is about building the skills, knowledge, and behaviours that give us the confidence and motivation to lead active and healthy lives. It involves holistic learning through sport and physical activity and delivers health and wellbeing benefits across the physical, psychological, social, and cognitive domains.

Net & Court Games provide fun and engaging ways to develop physical literacy across the four domains outlined below. The below key elements are a focus in the Program Planner. When planning your sessions look at the 'examples of how these can be developed' to help develop these effectively.

	Physical	Psychological	Social	Cognitive
Key Elements	Object Manipulation Movement Skills	Engagement and Enjoyment	Collaboration	Perceptual Awareness Reasoning
Examples of how these could 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.

Coaching Tips

- 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

Session	1	2	3	4	5	6	7	8
Review & Warm Up (5-10 mins) Start with a brief review of last week then outline today's session, and play a fun warm up game	Making Groups (Two Halves)	Making Groups (Two Halves)	Tag Games (Coach to select)	Tag Games (Coach to select)	Flip It	Flip It	Participant choice	Participant choice and/or Play a modified game from a Net & Court category sport e.g. Table Tennis, Tennis, Volleyball
Get into It (20-45 mins) Use TREE to modify games to suit the ability level (page 2 of activity card)	Catching Challenge	Catching Challenge	Bat Tapping	Bat Tapping	Throw Throw Throw	Participant choice	Hit It Round	
	Keep the Ball Up	No Go	Hit The Square	2 Square Bounce	Rally Around	Team Rally	Continuous Tennis	
Optional Game	L-o-n-g Pass	Wall Tennis	Rob The Nest	Shuttle Ball	Racquet Relay	Modified Game e.g. Table Tennis, Tennis, Volleyball	Modified Game e.g. Table Tennis, Tennis, Volleyball	
Finish Up & Review (5 mins) 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:

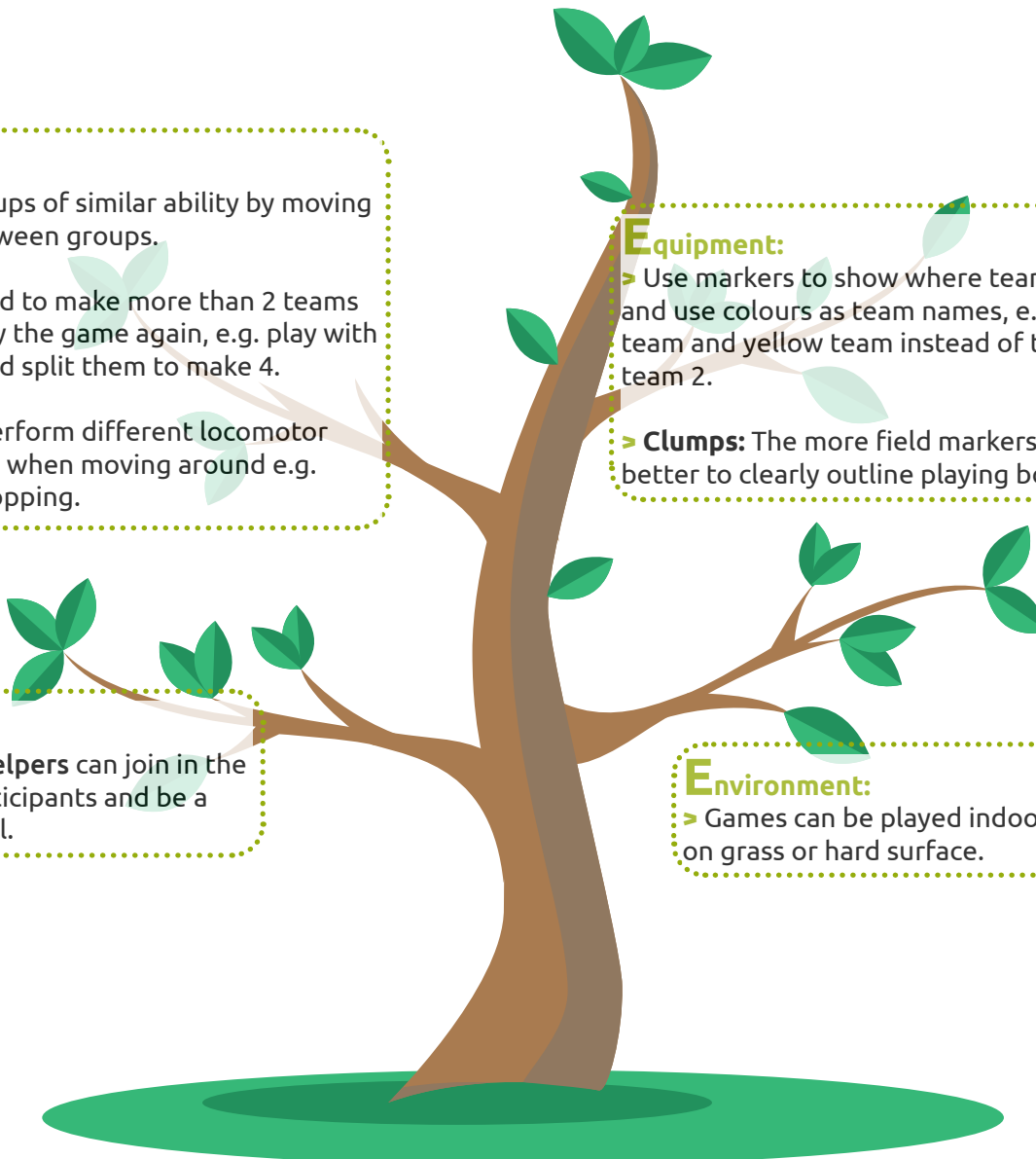
- > Games can be played indoors or outdoors, on grass or hard surface.

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.



Catching Challenge

SKILL FOCUS

Catching | Throwing



GAME SUMMARY:

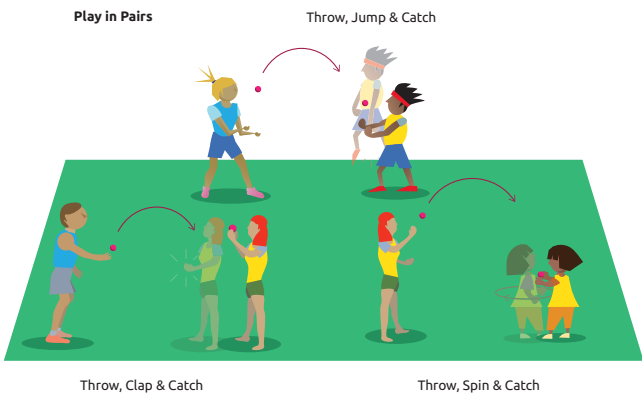
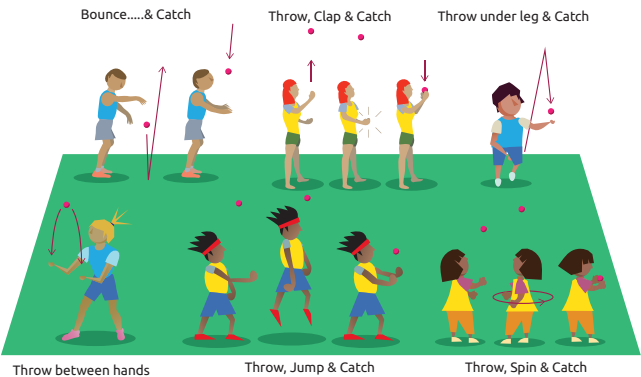
Players throw and catch a ball, trying progressively harder catching challenges.

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.

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



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."

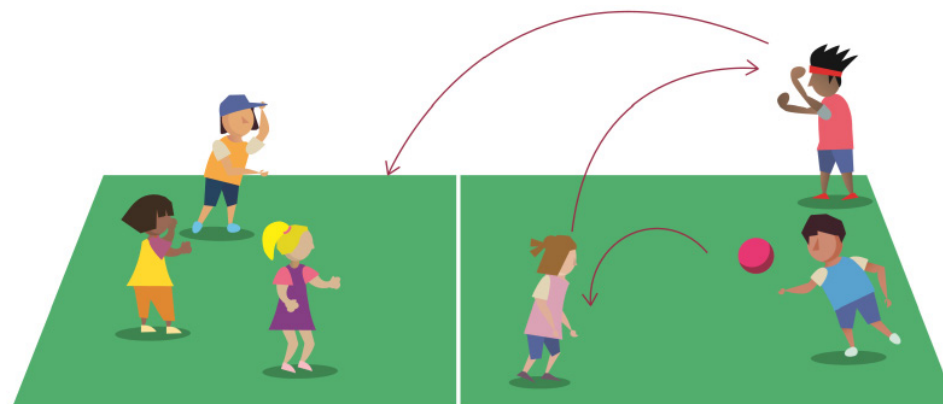
Players work as a team to keep the ball off the ground as long as possible.

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

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.

L-o-n-g Pass

SKILL FOCUS

Throwing | Catching

SPORTAUS



GAME SUMMARY:

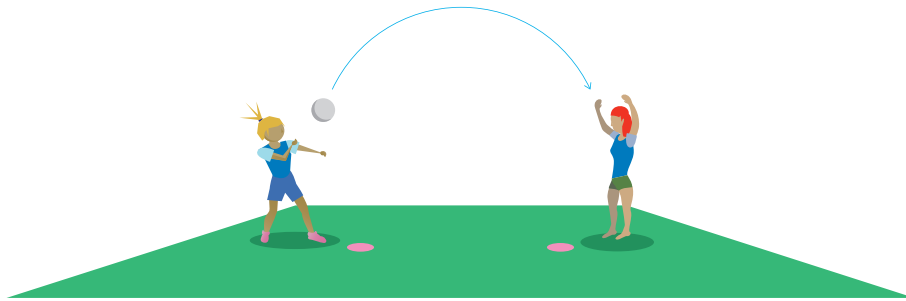
Players work cooperatively to pass as far as they can to each other.

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.

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.

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

**Special
Olympics
Australia**



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.

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.

Bat Tapping

SKILL FOCUS

Striking

SPORTAUS



GAME SUMMARY:

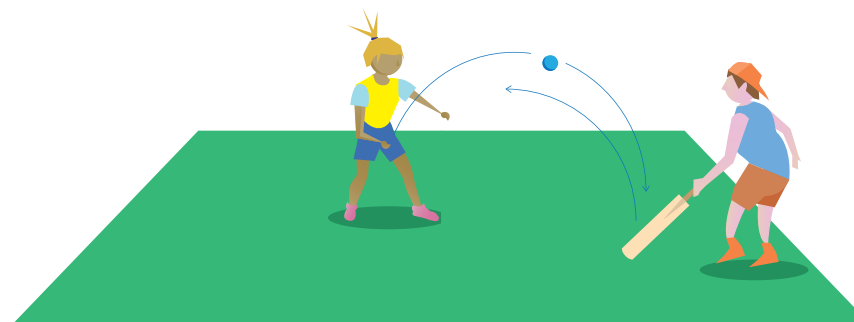
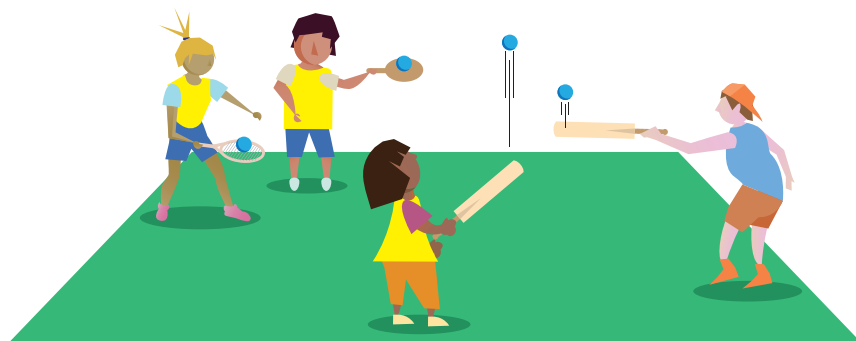
Players aim to tap the ball into the air with a bat as many times in a row as they can.

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.

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.

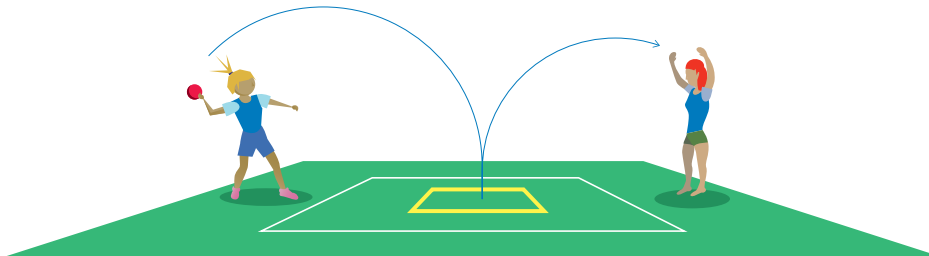
Equipment needed:

- 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.

Rob the Nest

SKILL FOCUS

Locomotor Movement | Throwing
Catching | Fielding

SPORTAUS

**Special
Olympics**
Australia

GAME SUMMARY:

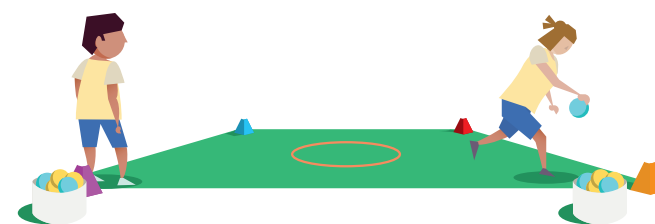
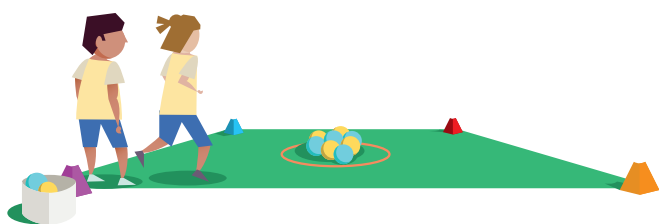
Players collect balls one at a time from the centre hoop and place them in their team bucket. Teams aim to get the most amount of balls in their bucket.

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.

2 Square Bounce

SKILL FOCUS

Throwing | Catching



GAME SUMMARY:

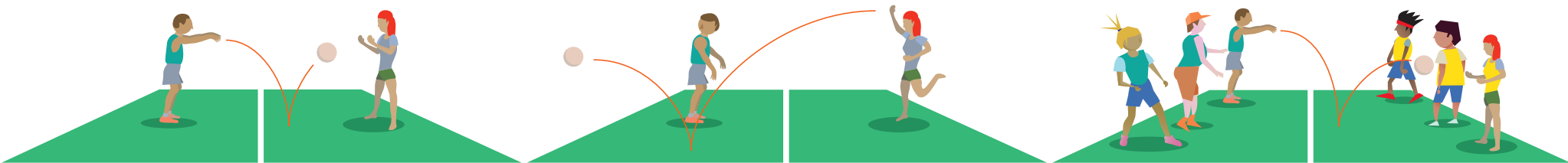
Mark out a court with 2 even halves on a surface that allows a ball to bounce. Ideally use an existing line to mark the middle of the court.

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).

Shuttle Ball

SKILL FOCUS

Throwing | Bowling | Catching | Kicking

SPORTAUS



GAME SUMMARY:

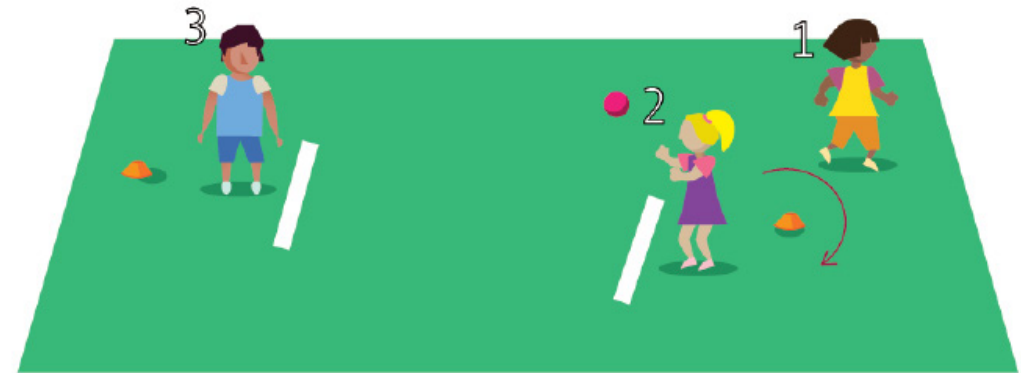
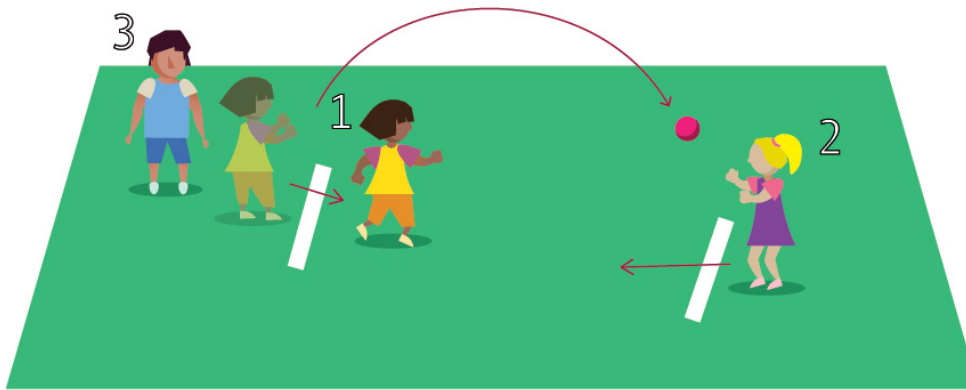
Players throw, kick or bowl a ball to a team mate. They then run to take the place of the person who receives the ball.

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.

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.

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.

Rally Around

SKILL FOCUS

Striking | Team Work

SPORTAUS



GAME SUMMARY:

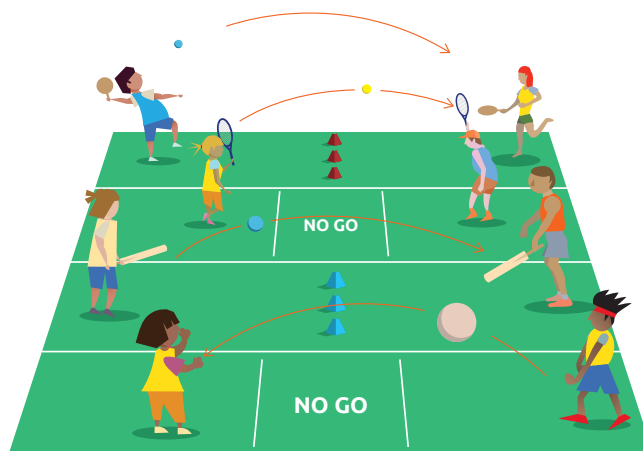
Players work in pairs to hold a rally for as long as they can at each hit-and-rally station.

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 & 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).

Racquet Relay

SKILL FOCUS

Striking | Throwing | Catching
Locomotor Movement

SPORTAUS



GAME SUMMARY:

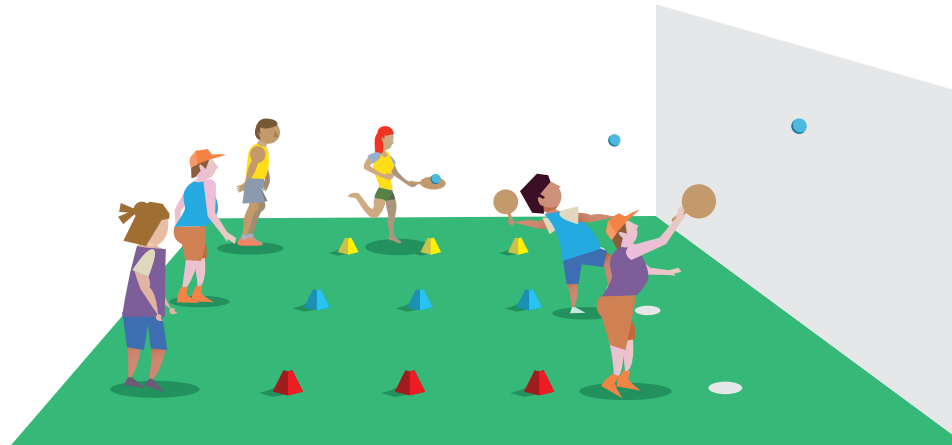
Players combine the skills of balancing a ball on a racquet and hitting against a wall in a relay race.

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.

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

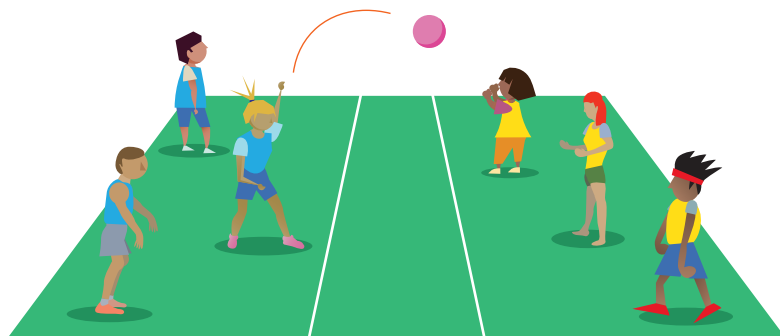
Throwing | Catching | Striking

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

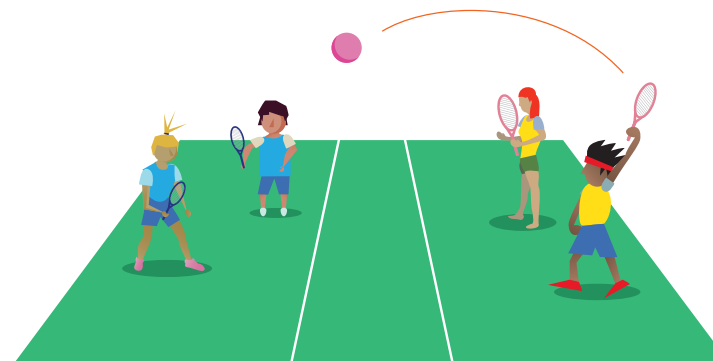
TO SERVING TEAM: "Throw the ball over the no-go zone for someone on the other side to catch."

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.

Hit It Round

SKILL FOCUS

Striking

SPORTAUS



GAME SUMMARY:

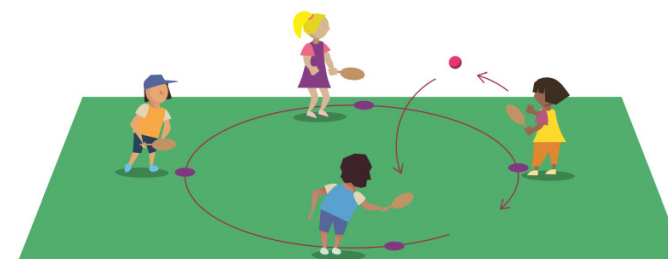
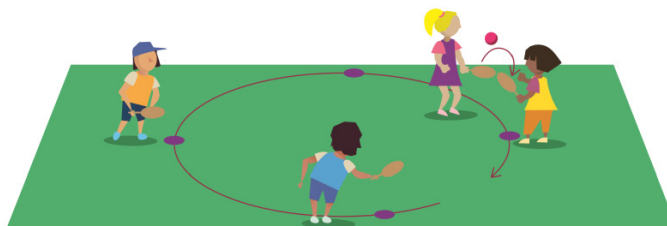
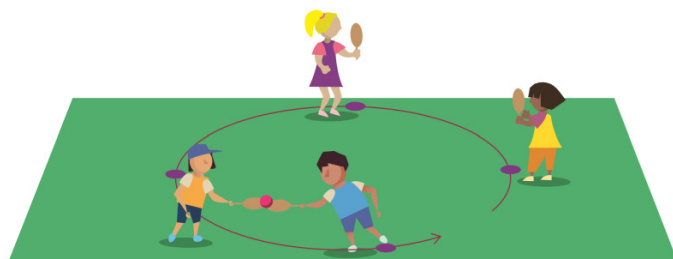
Players work as a team to hit a ball around a circle trying not to let it hit the ground.

Equipment needed:

- Ball
- Racquets or bats
- Coloured dots (optional)

Game setup:

Play with groups of 4 - 7 players. Each player has a racquet and each group has a ball. Each group makes a circle with players facing inwards and approximately 1-2 metres between each player. Coloured dots can be used to show players where to stand.



COACH INSTRUCTIONS

STAGE 1

TO PLAYERS: "Balance the ball on your racquet. Pass the ball from your racquet onto the racquet of the player next to you. Don't let the ball drop to the ground. Try to get the ball all the way around the circle without dropping it."

ASK: "How should you hold your racquet to make sure the ball doesn't drop?"

STAGE 2

TO PLAYERS: "The player on your right will tap the ball to you. You need to catch the ball on your racquet then keep tapping the ball in the air. Move across and tap the ball to the player on your left. Don't let the ball drop to the ground. Try to get the ball all the way around the circle without dropping it."

ASK: "Is the ball easier to control if you're doing big taps or small taps?"

STAGE 3

Progression from stage 2. There should be about 2 metres between each player.

TO PLAYERS: "As a team, you need to hit the ball around the circle trying to use as few hits as possible. Each player has to hit the ball with their racquet at least once. Try not to let the ball touch the ground."

Count how many times the team hits the ball as it goes around the circle. See if they can beat their score next time.

ASK: "How can you control the direction you hit ball?"
"How can you control how high you hit ball?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Hit It Round

Rules:

- > Allow the ball to bounce once or twice.
- > Change direction after each turn (clockwise/anti-clockwise).
- > Limit the amount of time players can have possession of the ball before they have to pass it on.
- > Allow free movement or, if using coloured dots, allow players to keep only one foot on the dots.
- > Add scoring: teams get 1 point if they get the ball around the circle without dropping the ball.

Equipment:

- > Vary the type of ball. Make it easier by using a large, soft and/or low compression ball or a balloon. Make it harder by using a smaller or harder ball.
- > Use tennis racquets or lighter bats.

Environment:

- > Teams can play in a line instead of a circle. Use existing lines on a court to show players where to stand.
- > Play indoors or outdoors on grass or on a hard surface.
- > Move players closer together or further apart.

Teaching Style:

- > Use **staff helpers** to assist each group.
- > Use player **role models** to demonstrate good ball control.
- > Use **questioning** to encourage players to think of their own strategies.

ALTERNATE SPORTS & SKILLS

Use this game to develop hand-eye coordination and striking skills for tennis



SAFETY!

- > Ensure there is enough space between players and groups.
- > Players should not swing racquets above chest height.
- > Use balls appropriate for ability level.

Continuous Tennis

SKILL FOCUS

Striking | Shot Placement

SPORTAUS



GAME SUMMARY:

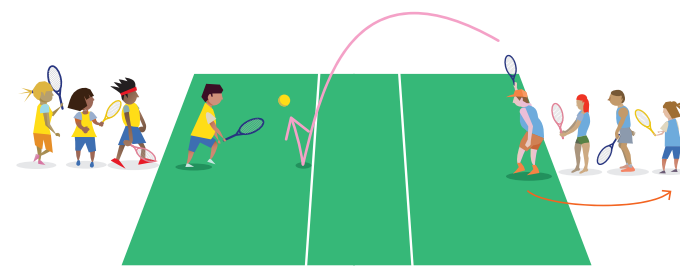
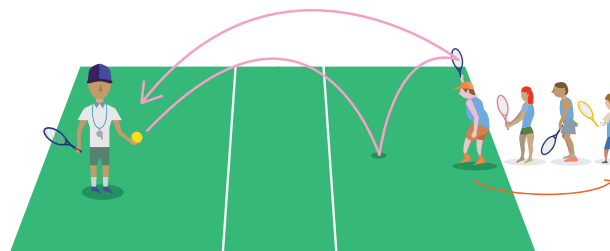
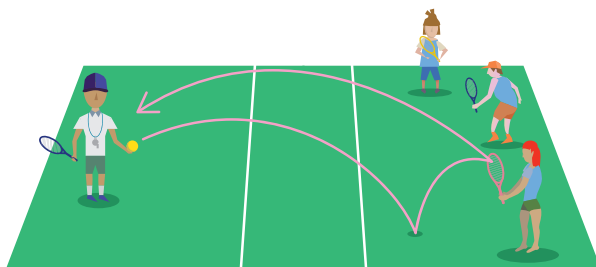
Players hit the ball to the other side of the court then run to the back of the line, making way for the next player in line to hit the ball.

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 & 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.