

Movement Challenges & Games

BEAT THE BALL

- The passing team begin passing the ball in a zig-zag fashion up and down the line. Each time the ball returns to Player 1 a point is scored.
- Simultaneously a player from the running team runs around the outside of the designated area, and tags the next player waiting to run.
- When every member of the running team has run, they call out 'STOP'. This signifies to the passing team to cease throwing the ball.

Equipment: Basketball, Gator or any appropriate ball, Cones.

Area Required: Rectangular area relevant to the players competencies. Ideal in groups of 6-8 for aximum participation.

Benefits

- Strategy (What was your strategy as a thrower? / runner?).
- Co-operation (Am I including others?/ How?).
- Teamwork (How am I using others to achieve the goal?).
- Skill-Passing, Agility, Sprinting, Ball handling.

How to explain the activity

- We are going to work in groups of 6-8 where our aim is to attempt to accurately pass the ball as many times as possible before everyone in the running team completes their lap around the area.
- The running team will run one at a time, and move around the outside of the cones as fast as they can. Once they have reached the next runner they must tag them and that player moves off. Once all runners have run around the cones then everyone in the team calls out 'STOP'.
- The passing team are in two lines facing each other in a zig-zag formation. They begin to throw when the runner takes off. The ball is thrown in a zig-zag way across the lines, up and down continually until the running team call out 'STOP'. Every time the ball reaches the player who started the game with the ball, a point is scored.
- The teams then swap tasks, then go again.

Cues for debrief / reflection

- What did you have to do with your body to run around the area? (look ahead, move fast, use of arms legs).
- What did you have to do as a thrower to pass and catch effectively? (attentive body, eyes looking at thrower, eyes on target when throwing).

How to vary the activity

- Use different types of movement eg- skipping, running backward.
- Use alternative balls for throwing.
- Have teams attempt to beat their own score.

