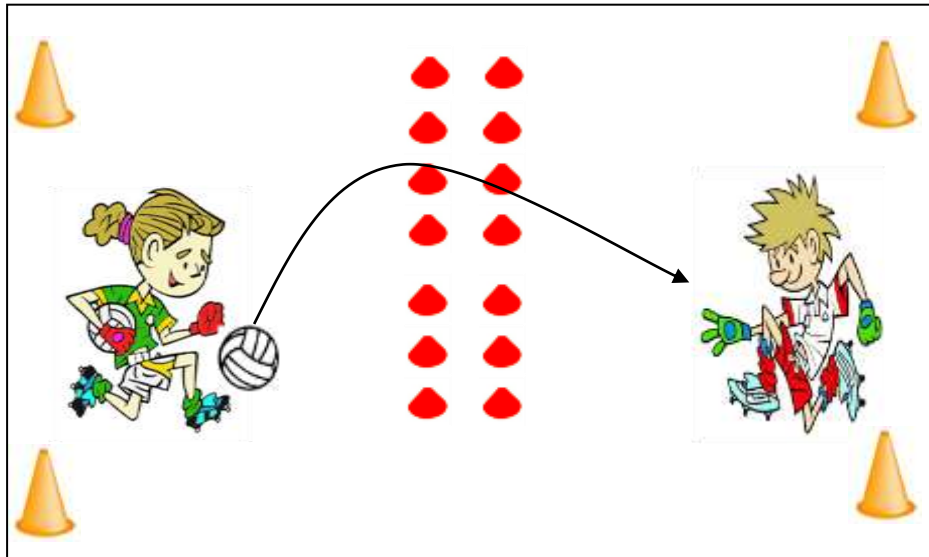


COURT GAME: Game 1

GAME: Over the River



FOCUS

- Attack and defending space

RULES - HOW TO PLAY

- Mark out 3 Zones as shown (Big zones 10m x 8m with middle zone 3/6m wide depending on ability of players)
- Players must stay in their own zones
- Players must send the ball over the domes (River) in the middle
- Players to use a throw then can progress to hand passing /striking/kicking

Scorings

- Cooperating 1 With 1 or 2 with 2
- Competitive 1 v 1 / 2 v 2
- Ball must hit the ground to gain a score
- First to 5 points



HARDER

- Ball is not allowed to bounce
- When sending use non preferred hand/foot or hurl if striking
- Move from throwing to hand passing to kicking to striking
- Make river smaller i.e. less time to receive ball for receivers
- Use targets (hoops or goals) at back of court for accuracy

EASIER

- Ball can bounce before it is caught
- Ball can be rolled or thrown across the river
- Make river bigger for receivers or smaller for senders

COACHING POINTS

HEAD

- Keep eyes on the ball until it is caught
- Look for the free spaces to send ball into

HANDS

- Use big hands around the sides of the ball
- Don't snatch at ball, use relaxed hands for catching

FEET

- Keep on bent legs with one foot in front of the other
- Get your feet behind the flight of the ball

EQUIPMENT

- Ball x1/2
- Cones
- Cone and canes to roll ball under if needed for low ability children.
- Additional equipment- bean bags and hoops