



Section Six

Compendium of games



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Introduction to compendium of games and activity cards

This compendium of games is provided for two reasons:

- Firstly, the games referred to in the "Game Time" section of the Lesson Cards are located here.
- Secondly, it provides a wide variety of other warm up activities, skill activities and games that can be easily accessed and, if necessary, photocopied.

The Lesson Cards located in Section Eight provide a sequence of activities, including warm-ups, skill activities and games and recommended AFL Auskick Rules matches (such as nine-a-side).

When compiling a complete training session, it is recommended that you refer to and even photocopy the Lesson Cards and:

- Further warm-up activities from the compendium if required.
 - The relevant pages from the Skills Section that highlight the coaching points for the skill being addressed.
 - Further skill activities from the compendium.
 - The details in the compendium of games on conducting the Game Time activities referred to on the Lesson Cards – or make your own selection.
 - The AFL Auskick Rules section for details on playing matches (nine-a-side for example)
- When using assistants or helper coaches photocopy the materials required for each to use.

Remember that each individual child will develop at their own rate and that invariably your group will contain children of different levels of ability. Some children will grasp a game or an activity more quickly than others. For any of the following activities or games please utilise the TREE acronym (page 39) to modify any game or activity to be inclusive for all levels of ability.

INTRODUCTORY ACTIVITIES

For all levels:

Short, snappy fun activities which get the heart pumping and the session rolling.

1 RUNNING

- Run, leaping high.
- Run on all fours.
- Run from one boundary to the opposite one.
- Run to touch all boundaries.
- Run making groups of given numbers.
- Run as fast as possible on the spot.
- Run with short steps.
- Run with long strides.
- Run, on signal, collapse onto ground.

2 SKIPPING/HOPPING

- Skip around on the spot.
- Skip around, high skips, long skips.
- Eight skips forward, five jumps forward.
- Skipping alone, then in rings of two, then four.
- Skip, hop, run, jump, to alternate boundaries.
- Hopping on one foot, then the other.
- Arms on partner's shoulders, both hop about.
- Hop on one foot, clap under raised leg.

3 JUMPING

- Frog jumps, starting in crouch position.
- Place ball on the ground and jump over it.
- Jump up and touch your feet either behind or in front.
- Jump forward, backward, left and right.
- Jump to turn around on the spot.
- Throw ball in air, jump to catch it, head it.
- Throw ball in air, jump to tap ball with both hands.
- Hop on one foot while tapping the toe and heel of the other alternately.
- Move forward on two hands and one foot.
- Three jumps moving forwards, three back.

WARM-UP EXERCISES USING BALLS

For all levels:

Callisthenic type exercises using footballs to assist with stretching, flexibility and mobility.

1 TWISTS

Players in pairs standing back to back. Twist bodies sideways to give the ball to each other. Increasing the speed and the distance.

2 SIT UPS

In pairs, lying on backs with the soles of feet touching. One sits up and tosses footy to partner who catches and touches it to the ground behind their head.

3 UNDER AND AROUND

Sit back to back in pairs, legs stretched out flat. Player with ball raises legs and circles ball under legs from right to left hand, then around the side to partner who repeats the process.

4 JUMP BALL

Stand in pairs three metres apart facing each other. One player places ball between feet and attempts to flick the ball to the other while jumping. Partner catches the ball and repeats.

Variation: Flick the ball backwards instead of forwards.

BODY MOVEMENTS

For all levels:

1 CURL STRETCH

Lie on side, curl so that knees touch elbows.



2 FOOT SLAP

Stand on one leg. Bend down and slap foot, first with left hand, then right hand.



3 LEG SWINGING

Stand beside partner, resting hand on partner's shoulder. Swing legs forwards, backwards. Repeat using other leg.



4 WASHING MACHINES

Partners face each other with hands joined at shoulder height. Bend trunk side to side. Lift up one pair of arms to turn under, to end up back to back.



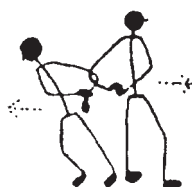
5 OVER AND UNDER

One child puts hand and knees on ground. Partner bunny-jumps over by placing hands on partner's shoulders, then crawls under partner's high bridge.



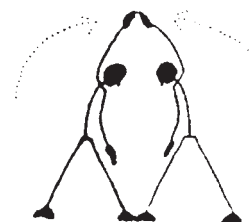
6 TUG OF WAR

Partners stand side by side facing opposite way with feet astride. Link elbows and clasp own wrist with other hand. Keep upright while pulling sideways.



7 BRIDGES

Stand beside partner with feet astride. Both bend trunk towards partner, swing outside arm up over to touch partner's hand.



8 TRUNK TWIST

Partners stand back to back, feet astride. Twist to touch partner's opposite hand.



9 CROSS SITTING

Sit with legs crossed. Swing arms forward and trunk downwards to touch the ground as far in front as possible and back to hold toes and stretch up.



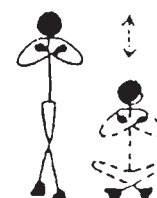
10 ROWING

Partners seated, facing, feet touching, join hands, move forwards and backwards.



11 STAND UP

From seated position, stand with folded arms and leg. Repeat maintaining arm position.



WARM-UP GAMES

For all levels:

Listed in sequential order, simple to complex.

1 Simon Says

Begin with "Simon Says" and lead into on-the-spot exercises and activities.

2 Empty the Bag

Coach has a collection of balls which are thrown out in all directions. Children return the balls in the fashion commanded, eg: "hop back", "big steps back" or "jump back", etc., and various combinations of these.

3 Here, There, Everywhere

Coach uses three words that have special meaning, eg: "EVERYWHERE": Stands for particular activity to be carried out such as running on hands and feet. "THERE": Players run after the coach. "HERE": Players run towards a nominated boundary.

4 Ostrich Tag

One child is chosen as "IT". That child chases other players around trying to tag as many as possible. Tagged players help catch the remaining players, who may stand in a "SAFE" position such as putting their arm under one leg and taking hold of their nose with the other hand.

Variation: "SAFE" position may change to bobbing down and holding their ankles.

5 Steal the Ball

Players stand on base line with one player standing 15–20m away. A football is placed on the ground three metres behind him. On signal, the players move forward and attempt to reach the ball, pick it up and run to the boundary without being tagged. Players can only move when the lead player has his back to them. When he turns, all players freeze, any player caught moving returns to the base of the line and starts again.

Variation: Players can only move in the fashion commanded, e.g.: hopping, skipping.

6 Spider and Flies

Two spiders are chosen, remaining players are flies. The spiders sit in the middle while the flies move around by hopping or skipping, etc. The spiders sit quietly and patiently until they are ready to leap up and chase the flies towards the boundary. Flies caught become spiders in the next round. The game ends with the last fly as the winner.

7 Scarecrow

One person is "IT" and when they catch others they become "scarecrows". The scarecrow is released by a child crawling between his legs. Finish when all competitors are scarecrows. Must be played in small area.

8 Odd Man Out

Players move around either skipping, hopping or running. When whistle is blown, they grab a partner. As a variation, form groups of three, four, five partners, etc.

9 Tame Dog

One player is chosen as a tame dog and stands inside a marked area about 4m wide. All other players are wild dogs and stand outside. The wild dogs irritate the tame dog by stepping into or running across its area. The tame dog tries to tag the wild dogs who enter. Wild dogs who are tagged become tamed and help the first tame dog.

10 Cat and Mouse

Players form a circle and hold hands. Two are selected to be the cat and the mouse. Cat stands outside the circle and the mouse inside. Cat tries to catch the mouse. Other children protect the mouse letting him pass under their arms, but not the cat. Try two cats chasing the mouse.

11 Magic Wand

One player holds the "wand". Raise the wand and all players jog around. Lower the wand and all players skip around. When the wand is placed on the ground, all players run to the boundary before being tagged.

12 Hungry Birds

Players jog around in a circle. A number of footballs are scattered in the centre. Players must keep away from the footballs. On a signal they run in, pick up a ball and run to the boundary.

13 Magic Football

Coach in centre holding a football. Players move around carrying out the actions indicated by the coach, eg: walking, running to the right, running to the left, jumping on the spot, etc. When the coach hides the football behind his back all players run to the boundary, as the coach tries to tag them.

Warm-up games continued...

14 Close the Circle, Open the Circle

Commence with all players standing in a circle. Coach calls "Open the Circle". All walk in and raise their arms above their heads. "Close the Circle" – Walk backwards till arms are stretched sideways and all players are holding hands. "Lower the Circle" – Crouch down with hands still joined. "Spin" – All drop hands and jog on the spot.

15 Jumping Jacks

Players stand in a group at one end facing the coach who performs a number of jumping movements which the players imitate. On a signal, the children are chased to the boundary. Give players a turn at being the leader.

16 Follow the Leader

Players stand on a line with a lead player walking up and down in front. Lead player calls what action players must use to move to opposite boundary (skip, run, hop, jump, crawl, etc). No matter what action is suggested by the leader, both he and the other players must carry it out. The players try to cross the opposite line without being tagged by the leader.

17 Rucks and Rovers

The game is played in an open space with marked boundaries. The distance between boundaries depends on the numbers participating. All players line up on one boundary (designated "Rucks") and face the opposite boundary (designated "Rovers"). Players must move between both boundaries according to commands from the coach who stands in the middle. Movement can be either jogging, running, hopping, jumping or skipping. When a command is given, all players must immediately carry out the nominated activity. Any player not performing the activity exactly as commanded is eliminated and moves to a pre-determined area. Eliminations continue until only one player remains.

COMMANDS:

- "Rucks" – All run to a boundary designated "Rucks".
- "Rovers" – All run to the boundary designated "Rovers".
- "Umpy on Ground" – Stand still and Salute Coach.
- "Raise the Run-through" – Players stand still and pull an imaginary rope to raise the team banner.
- "Match Starts" – Continuous jogging on the spot whilst shaking hands with a partner.
- "Mark" – Continuous high jumps on the spot off alternate feet.
- "Huddle" – Players form groups of designated numbers
- "Huddle Five" – Five players huddle together.
- "Hit the Deck" – Players lie on their stomachs.
- "Half Time" – Players lie on their back.
- "Coach Speaks" – Stand still, hands on hips, lean forward.
- "Ring the Bell" – Players stand still and ring an imaginary bell.
- "Freeze" – All players stand still. No movement is permitted.

18 Human Tunnel Ball

Players divide into two groups in line formation one behind the other. On "go", they move their feet apart and the first player at the front of the line crawls through the tunnel of legs. When reaching the end, he stands behind the last player and calls "tunnel". The next player at the front of the line follows. The winning group is the first back to their original position.

19 Rats and Roosters

Divide players in two teams. Team "A" stands on one side of line, Team "B" on the other. Team "A" is called RATS, Team "B" is ROOSTERS. Two lines are placed on the ground, one on either side of each team 10-to-12m from the players. When a particular team's name is called, all run for the burrows or the line in front, chasing the others.

20 Square Chase

Mark a square leaving room for players to run around its outside. Players stand outside the square, equal distance from each other, all facing one way. On the word "Go", all run. Each tries to catch the one in front and avoid being tagged by the one behind. As players are tagged, they drop out, until the game becomes a duel between the last two players.

21 Cops and Robbers

Small area split into three. Robbers in the middle with cops at each end. Robbers join cops when tagged by a thrown ball. The ball may only contact a player below the waist.

22 Dodge and Mark

Players in pairs, one is the "ATTACKER" and the other the "DEFENDER". On the signal, the attackers must free themselves from the defenders who follow and stay within arm's distance. The activity is repeated, players change roles.

23 Odds and Evens

Two groups line up parallel facing each other. One team is named the "ODDS" and the other is "EVENS". One team is nominated to turn around and run towards a "SAFE" area. The other must give chase and attempt to tag the opposition. Those caught join the opposition. The last player caught is the winner.

24 Free and Caught

Two or more children are "IT", remainder are scattered. Children chosen as "IT" chase and tag as many players as possible. Those tagged stand still and wait to be released by being tagged by a free player.

25 Freight Train Tag

Children in threes form a train by placing their hands on the hips of the child in front of them. Others chase and try to join the end of the train.

Warm-up games continued...

26 Two Versus One

Groups of three with two children nominated to chase the other child. The game is repeated so that everyone has a turn at being chased.

27 One, Two, Three, Charge

Two teams line up along the boundaries facing each other. Three players stand in the middle. Players on boundaries are numbered. Numbers are repeated within each team. When a number is called, the corresponding players attempt to change sides. If successful, all players change sides. The players in the middle "tag" as many opposition players as possible. Those caught remain in the centre.

28 Handball Tag

One or more players with footballs attempt to tag others by handballing. The last remaining player is the winner.

Variation: Dribbling the ball with their feet.

29 Touch Hands and Run

Two parallel lines of players facing each other. The players in one line raise an arm and hold it palm upwards. The opposition player touches the hand, turns and runs to his boundary. The other players give chase. The roles are then reversed.

30 Two Versus One Handball

Groups of three. Two players run and handpass the ball to each other, the third player attempts to intercept or block the ball. No tackling is permitted. A goal is scored after three handballs have been received without the ball touching the ground.

Variation: Substitute foot dribbling for handballing or increase the size of the group to five (three handpassing and two intercepting).

31 Team Tag

Players wait in groups on boundary, each named after a football team eg; Hawks. The coach stands in the middle and calls each group in turn. Players run, skip or hop to opposite boundary and the coach tries to tag them. Those tagged assist the coach.

32 Through the Wall

Double circle with one football placed on the ground in the centre. Inside circle stand with feet wide astride facing the football. Outside circle run around the standing players. On a signal, they continue running forward until they reach their partner. They crawl through their partner's legs to the centre. First player to pick up the football wins.

33 Dodge and Steal

Make an area the size of a basketball court. A number of balls are placed behind each base line. Players are in two teams, one in each half of the court. They try to cross their opponent's base line, take a ball and return to their own half without being tagged.

34 Island Tag

A number of markers are placed on the ground. Each marker represents an island. A player standing next to a marker cannot be tagged. Several players run between the islands trying to tag players as they run, skip, hop and jump, etc, from island to island. Set a maximum of two-to-three players on an island at any one time.

35 Circle Chase

All players in groups of three and jogging around a large circle or square. Each group of three has a number. The coach calls a number, the players belonging to that number run around the circle trying to tag as many players as possible until the coach yells "jog". Tagged players must run when a number is called.

SKILL DRILLS

(EP):	Early Primary	Motor coordination Stage	Ages 5 to 8 years
(MP):	Middle Primary	Basic skill Stage	Ages 9 to 10 years
(AP):	Late Primary	Advanced, extension and game skill stages	Age 11 onwards

1 Pick-Up (EP)

Place the ball on the ground a few metres out front. Run and pick up with two hands. Put the ball back on the ground and let your partner have a try.

2 Roll and Stop (EP)

Use two hands to roll the ball forward from between your legs ... chase and stop the ball. Repeat rolling that ball backwards from between your legs. Try stopping the ball by putting one foot on it.

3 Circle Pick-Up (EP)

Walk in a circle holding the football. On a signal, place the ball on the ground and walk to pick up the next ball. Repeat jogging, then running faster.

4 Partner Pick-Up (EP)

Stand in pairs five-to-10 metres apart and roll the ball gently to partner. Partner picks it up and rolls it back.

5 Walk and Hit (EP)

Walk in a stooped position hitting the ball along in front with two hands. Use alternate hands. Build up to running.

6 Hit and Stop (EP)

Place the ball on the ground and with an open hand, hit it to your partner. Partner stops the ball and hits it back. Try hitting with a closed fist.

7 Hit on to Partner (EP)

Place the ball on the ground and hit along the ground with your hand to your partner. Use alternate hands. Try with your fists closed.

8 Hitting out to Partner (EP)

Throw the ball up and hit it with open hands towards your partner. Partner retrieves and repeats. Try alternate hands. Try jumping up to hit out. Partner throws the ball up for you to hit out towards him. Try running in and jumping up to hit out. Use two hands, alternate hands, open hand, then closed fist.

9 Bounce and Push (EP)

Bounce and push the ball back to the ground with two hands. Count how many times without missing.

Variation: One hand. Alternate hands. Repeat walking slowly about an open space.

10 High Bounce and Catch (EP)

Bounce the ball high into the air and catch it with both hands. Using two hands, then one hand to bounce the ball. Try alternate hands.

11 Throw and Catch (EP/MP)

Throw the ball gently to your partner. Catch the ball and throw it back. Repeat. Throw while kneeling, cross legged sitting. Throw to catcher's chest, shoulders, waist, side, feet.

12 Running Throw and Catch (EP/MP)

Jog around an open space with your partner about two metres apart. Throw the ball to your partner about chest high. Catch the ball and throw it back.

13 Throw and Mark (EP/MP)

Throw the ball into the air and mark it on your chest. Try giving a clap before the ball is caught. Throw the ball from different positions eg: kneeling, sitting.

14 Throw and Mark (EP/MP)

Throw the ball into the air and mark it on your chest. Repeat, but jump up to catch the ball. Stand in pairs, two to three metres apart, and throw and mark it on your chest.

15 Awkward Marking (MP/LP)

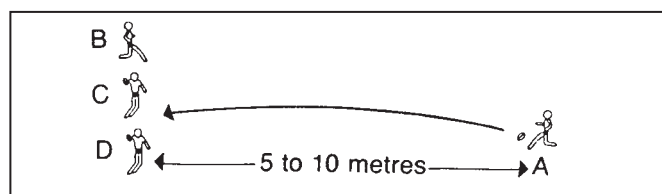
In pairs, partners to throw awkward balls:

- Running forward at the chest.
- Running forward overhead.
- Running forward at the knees.
- Running out either side.
- Turn and run back.

Keep eyes on the ball at all times.

16 Contesting Marking (MP/LP)

In pairs – A kicks gently to B and C who contest a mark overhead or in the fingers. Chest marks are discouraged. D waits for "crumbs". Alternate. Toss ball if kicking is inaccurate.



Skill drills continued...

17 Foot Dribble (EP)

Use one foot to move the ball slowly as you walk around a space. Try using toes, heels, instep, outside of foot. Use alternate feet. Dribble the ball around markers.

18 Kicking off the Ground (EP)

- **Foot flip.**
Put your toes up against the underside of the ball and flip it up off the ground into the air.
- **Step and kick.**
Stand one step behind the ball. Take one step and kick the ball. Take three steps and kick the ball.

19 Drop and Kick (EP/MP)

Hold the ball with two hands and kick to your partner. Drop the ball and kick it to your partner to stop or catch. Try alternate feet.

20 Step and Kick (EP/MP)

Hold the ball with two hands and face your partner. Take one step and kick to your partner to stop and catch.

21 Three Steps and Kick (EP/MP)

Hold the ball with two hands and face your partner. Walk in three paces and kick to your partner to stop or catch. Try alternate feet.

22 Step and Kick (MP)

Step and kick a Drop Punt to your partner. Mark the ball and step and kick back. Use alternate feet.

23 Three Steps and Kick (MP)

Walk three steps and kick a Drop Punt to your partner. Mark the ball and take three steps and kick it back. Use alternate feet.

24 Five Steps and Kick (MP)

As before, but walk five steps. Use alternate feet.

25 Handpass to your partner (MP)

Using the handpass, hold the ball with one hand and gently punch it with the closed fist of the other hand to your partner. Repeat with alternate hands.

26 Handpass on Jog to Partner (MP)

Using the handpass, jog side by side with your partner and handpass to each other over about 2m. Change direction so you can use alternate hands. Encourage children to go faster as they become better.

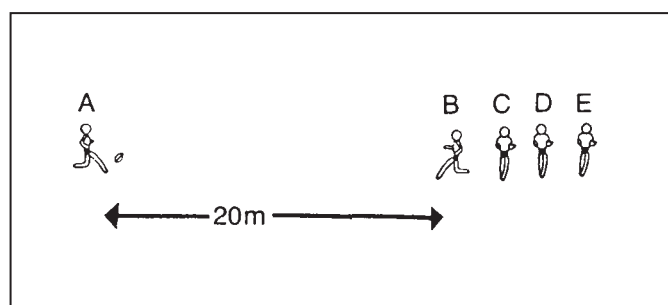
27 Kicking – Passing

Groups of five.

- B leads straight at A who delivers the pass.

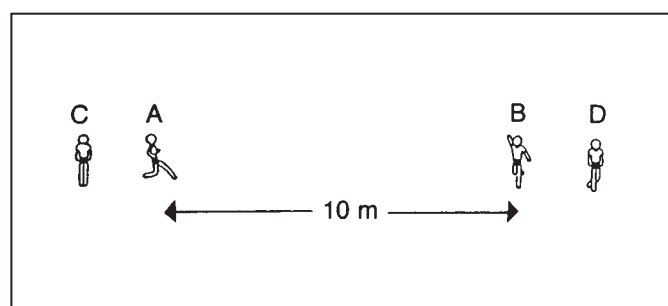
B marks and handballs to A. Repeat with C and D and E and then rotate. Alternate feet. Repeat but lead to other side. Repeat but pair off to contest the mark. Leader calls out which player to lead. Opponent tries to intercept the pass. Alternate feet.

- B leads straight out and A passes to B. A runs through to join other team. C leads straight out and B passes to C. B runs through to join other team. Continue. Alternate feet. Wait until player ready to kick before leading out. Repeat but lead to other side. Lead to right side first then change to leading to the left. Alternate feet.



28 Handpass to Your Partner (MP/LP)

- Using the rocket, handpass backwards and forwards with your partner over about five metres. Use alternate hands
- Run side by side with your partner and rocket handball to each other over about two metres. Change directions so that you can use alternate hands. Hit the ball slightly in front of your partner.
- A runs towards B and rocket handpasses over a short distance to B. B runs to C and repeats. Alternate hands.

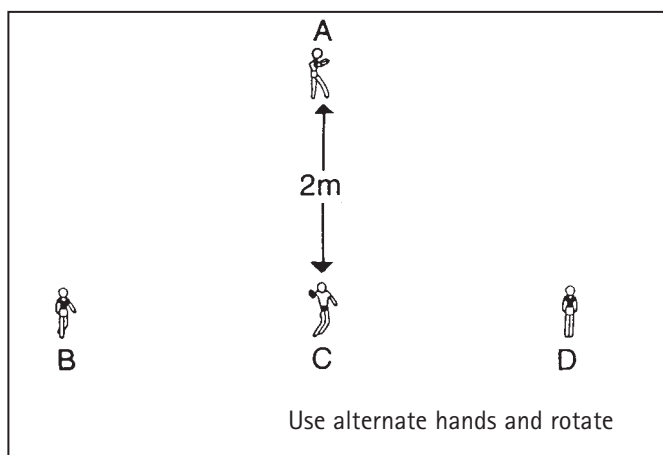


29 Handball – Odd Positions (LP)

- In pairs 2m apart, handpass to your partner from the following positions:
 - Standing and handpass over your shoulder. Repeat on the run.
 - Kneeling.
 - Sitting.
 - Lying on your back.
 - Alternate hands.
- Stand in groups of four with the leader standing out the

Skill drills continued...

front. A faces away from the group and handpasses over the shoulder to call in turn from B, C and D. Emphasise the importance of calling out for the handpass which enables the leader to hit the ball towards the sound.



30 Weaving (MP/LP)

A runs out, weaves around markers, returns and handpasses to B, who repeats. Try bouncing the ball at each marker.

31 Side Step (MP/LP)

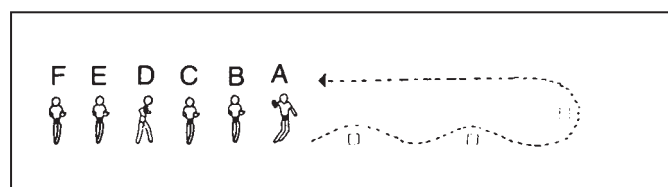
Walk towards partner and hold the ball to one side. Partner is not allowed to move feet, but may reach out to take the ball. As he does so, pull the ball back and side step to the opposite side. Next, jog to partner and side step. Repeat running in. Alternate with your partner and try on both sides. Repeat with partner allowed to take one step in any direction (controlled opposition).

32 Baulk and Spin (LP)

- Pairs. One player walks towards partner and holds the ball to one side (selling the dummy). Side step, drawing the ball close to the body and spin around him. *Note – partner does not move. Alternate with partner and try on both sides*
- Repeat jogging towards partner who acts as opposition. As players become competent, increase speed. Partner gives token then active opposition. Practise on both sides.

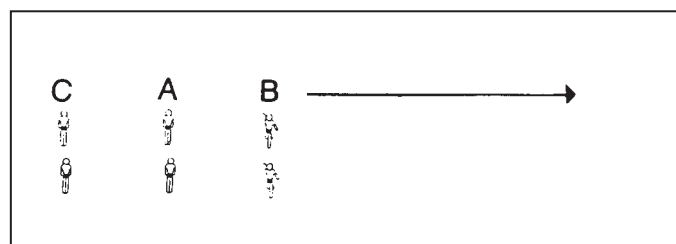
33 Blind Turn (LP)

- Pairs walking, then jogging one behind the other. Front player blind turns. Partner provides opposition.
- Player A with ball, and B, run around markers with B chasing two metres behind. A tries to get back to the group without being tagged.



34 Tackling, Bumping (LP)

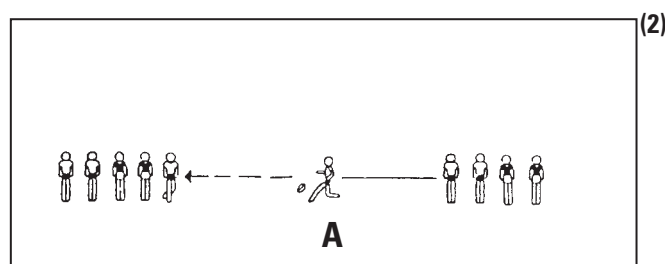
- In pairs, facing each other and kneeling. Practise from the front. Tackler should pin player to the ground. To practise the side tackle, one player turns side on. Practise on both sides
- In pairs, walking speed only, practise tackling from front, side and rear. Players change around after each turn. Practise tackling from both sides. Repeat jogging.
- In pairs, kneeling side by side. A football is placed between pairs and slightly forwards. On command, both players attempt to win possession. Ensure elbows are tucked into the side. Practise both sides. Repeat standing. Increase distance between players slightly.
- Pair A roll ball at Pair B who move to the ball and contest the pick up. Pair B then roll to Pair C. Keep on rotating
- Pair A roll ball past Pair B who chase and contest the pick up. Pair B then roll past Pair C. Keep rotating. Encourage side bumps to obtain position.



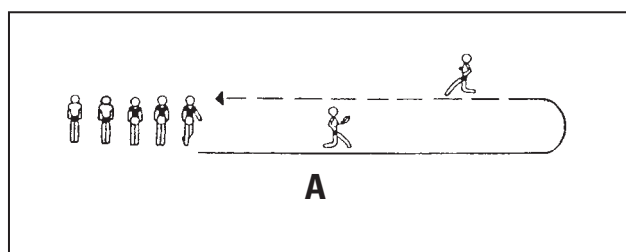
35 Lane Relays (All levels)

Skills: Various

- (1) Description:** (A) runs to opposite file, delivers ball, moves to rear and awaits next turn.



- Description:** (A) runs around marker, delivers ball to No. 2, and moves to the rear of the file.

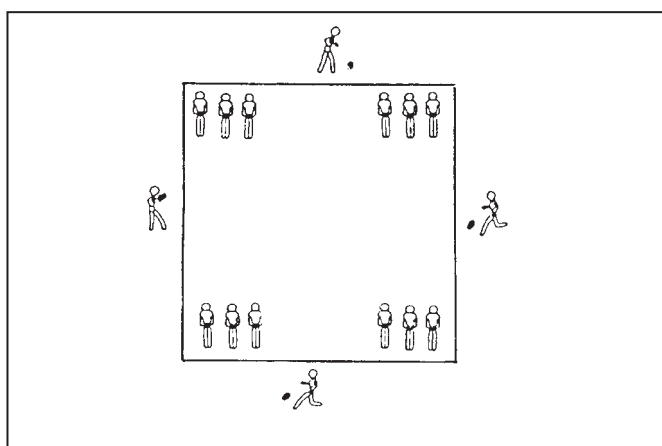


Variations:

- Walk and circling round the waist.
- Run and handball to next player.
- Dribble ball along ground using both hands.
- One hand, opposite hand, alternate hands.
- Bounce one hand, opposite, hands, alternate hands.
- Throw and catch in the air walking, running, jumping, one hand, opposite hand, alternate hands, one foot, opposite foot, alternate feet, two feet take-offs.
- Handball and catch.
- Touch ball to ground, alternate sides.

36 Square Relays (All levels)**Skills:** Kicking, handball, catching**Description:**

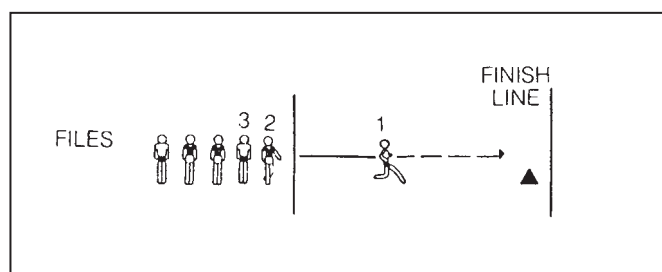
Four teams line up on the inside of the square. First runner stands on the outside of the corner marker. Each runs around the square, delivers ball to next player and moves to rear.

**Variations:**

- As per lane relays.
- Different activity performed each side of square.

37 Pick Up Race (All levels)**Skills:** Picking up**Description:**

No. 1 runs out, picks up ball, returns and hands to No. 2, then moves to rear of file. No. 2 places ball next to marker, returns and tags No. 3.

**38 Triangle Handball (MP/LP)****Skills:** Handball, passing, marking**Description:**

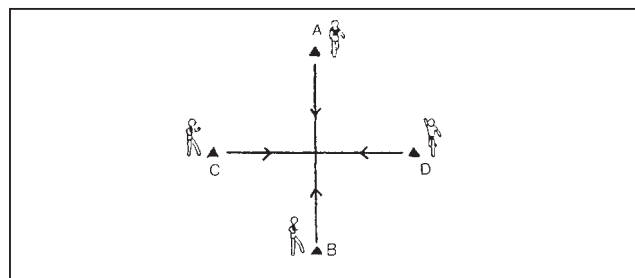
Groups of three to four at each marker. Player A handballs to player B, player B handballs to player C. Start with one ball. Both giver and receiver must be moving and both call. The ball is hit in front of the receiver. All players run through to next point after each handball.

Variations:

- Add a second and third ball
- Introduce opposition at key points, e.g., half way between AB, BC, CA
- Increase distance and kick the ball

39 Criss Cross Handball (LP)**Skills:** Handball**Description:**

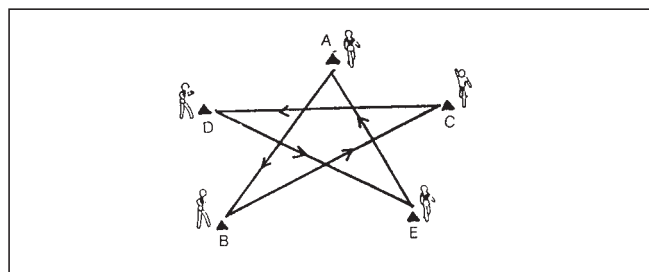
Groups of three to four at each marker. Player A handballs to player B and runs through. Player C handballs to player D and runs through. Two balls are required.

**Variations:**

- Introduce token, then active opposition at intersection

40 Star Handball (LP)**Skills:** Handball, passing, marking**Description:**

Groups of three to four at each marker. Player A handballs to player B and runs on to B. Player B handballs to player C and runs on. Player C handballs to player D and runs on. Player D handballs to player E and runs on. Repeat.



Skill drills continued...

Variations:

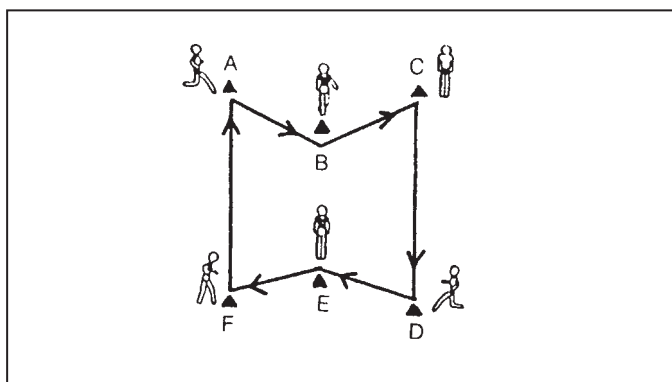
- Introduce additional balls.
- Introduce token, then active opposition at key points.
- Increase distance and kick the ball.

41 Six Point Handball (LP)

Skills: Handball, passing, marking

Description:

Groups of three to four at each marker. Player A handballs to player B and takes B's place. Player B handballs to C, C to D, D to E, E to F, and F to A.



Variations:

- Start with one ball and then introduce additional balls.
- Introduce token, then active opposition at key points.
- Increase distance and kick the ball.

42 Over the Top (MP/LP)

Skills: Handball, kicking, running

Description:

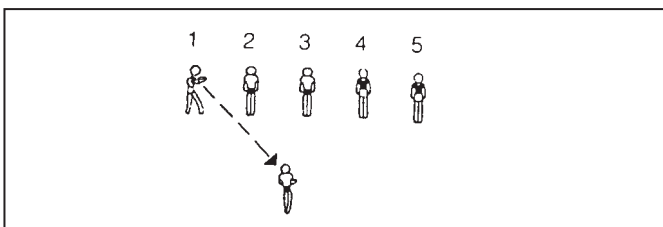
Groups of five plus leader. No. 1 passes to leader, both exchange places. Leader passes to No. 2, both exchange places. Drill continues until all players are back in original positions.

43 Progressive Stry (MP/LP)

Skills: Handball, kicking, running

Description:

Groups of three plus leader. No. 1 passes to leader and both exchange places. Leader passes to No. 2 and both exchange place.

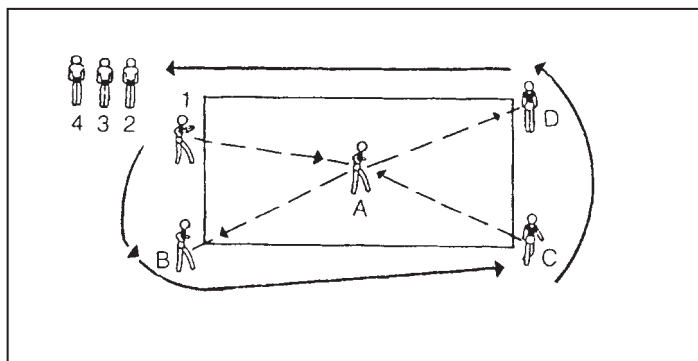


44 Corner Handball (MP/LP)

Skills: Handball, bouncing, running

Description:

Groups of eight. No. 1 handballs to A. A handballs to B. No. 1 runs around B, receives handball, bounces ball once, handballs to C. C handballs to A. A handballs to D. No. 1 sprints around D to receive handball, bounces ball once, handballs to No. 2. Change marker players with 1, 2, 3, 4 when all players have completed their turn.

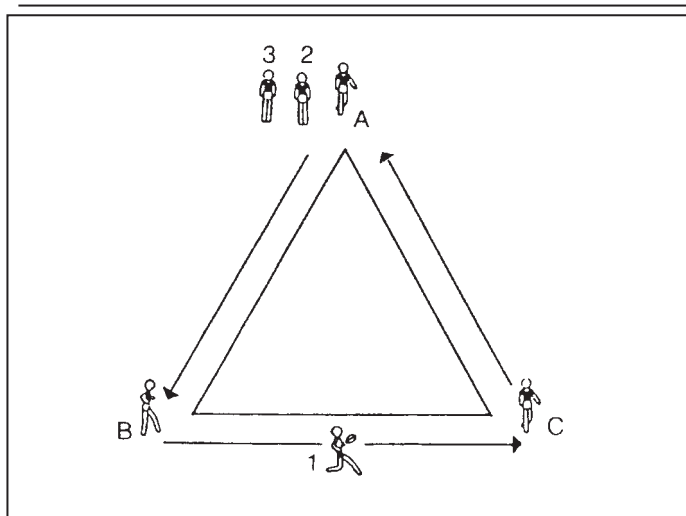


45 Triangle Pick Up (MP/LP)

Skills: Picking up – Moving away, stationary ball, handballing

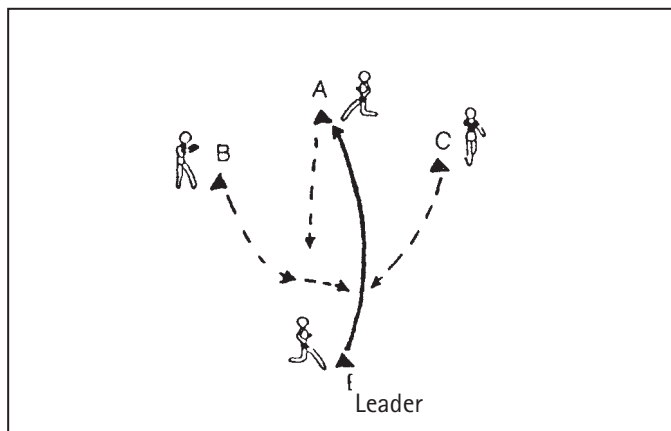
Description:

Groups of six. Server A rolls back towards corner of triangle. Player No. 1 runs forward to pick up ball, then handballs to player B. Player B places ball on ground. Player No. 1 runs around B to pick up stationary ball and handballs to C. Player C rolls ball along ground in direction of A. Player No. 1 picks up, handballs through to A. Change corner players with 1, 2 and 3 when all have completed their turn.



Skill drills continued...**46 Handball to Runners (LP)****Skills:** Handball, kicking**Description:**

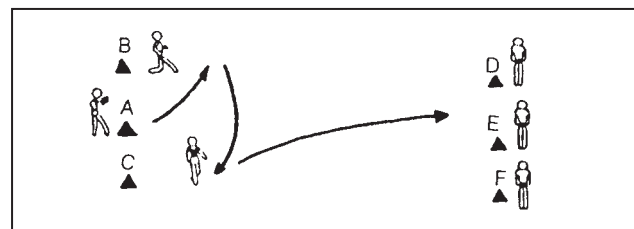
Groups of three to four. Leader kicks to player A. Player B runs across the front of player A to receive handball. Player C runs to receive handball in front of B and handballs to leader. Players rotate groups.

**Variation:**

- Introduce token, then active opposition.

47 Handball to Runners (LP)**Skills:** Handball**Description:**

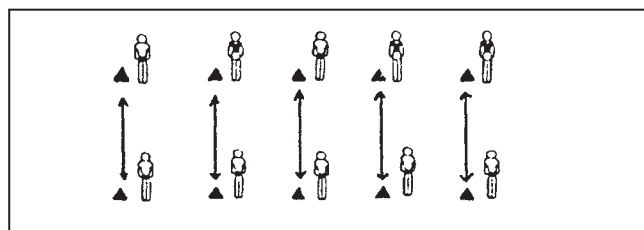
Two groups of three players behind each set of markers. Three players move out together. Player A handballs to player B. Player B handballs to player C. Player C handballs to player E. Players E, D, F repeat. All players run through to opposite end and rotate groups.

**Variations:**

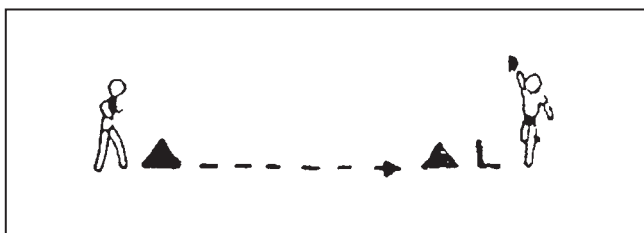
- Player C kicks to player E.
- Introduce additional balls.
- Introduce one opposition at midpoint of lane, increase to two. Commence with token opposition, then active opposition.

48 Short Ends (MP/LP)**Skills:** Various**Description:**

Groups of three to four behind each marker. Players approximately 10m apart perform above skills, changing ends each time.

**49 Jump and Mark (EP/MP)****Skills:** Overhead marking**Description:**

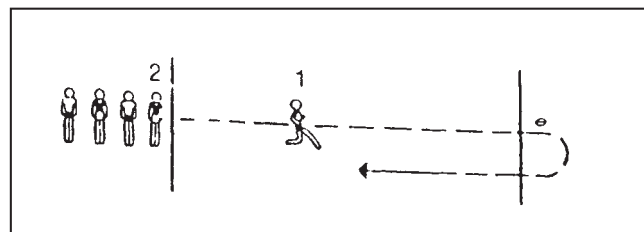
Groups of three to four behind each marker. Leader holds ball up and out from body. Players in turn run forward and jump to mark.

**Variations:**

- Leader throws ball up for overhead mark.
- Pairs contest overhead mark.

50 Bogey Ball (EP/MP)**Skills:** Picking up – moving away, bouncing, handball, kicking**Description:**

Vary distance for kicking. No. 1 rolls ball along ground over line, runs, picks up and returns to No. 2 with a handpass or kick.

**Variation:**

- Bounce ball on return

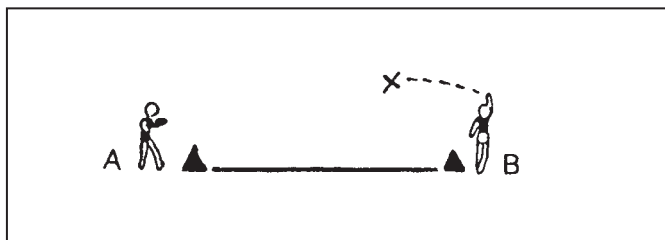
Skill drills continued...

51 Knockout (EP/MP)

Skills: Hitting out

Description:

Pairs. One ball between two. Partner throws ball up, player hits ball to a target marked on the ground.



Variations:

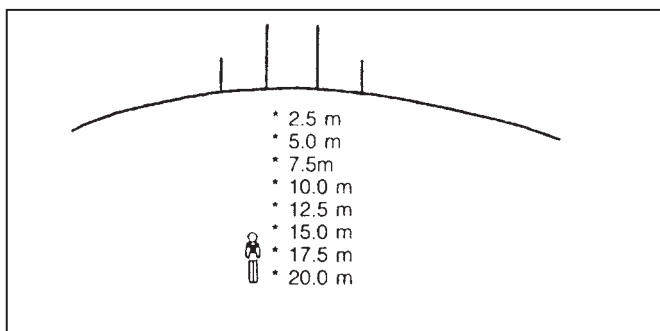
- Run in and jump to hit out.
- Have player throw ball up himself.
- Hit out with alternate hands.
- Practise against opposition.
- Hit out to running receiver.

52 Goalkicking (MP/LP)

Skills: Kicking

Description:

Commence at the 2.5m mark, then increase distance. Player focuses on target behind the goals.

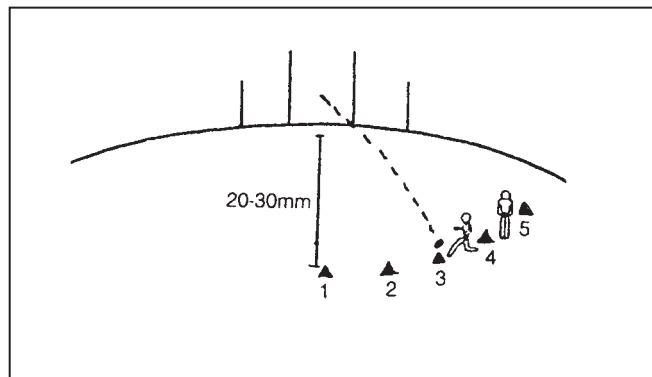


53 Goalkicking (MP/LP)

Skills: Kicking

Description:

In pairs. This is a competition between players for accuracy. Start at No. 1 and when successful move to next position. Complete position 5, then move to other side and use opposite foot.

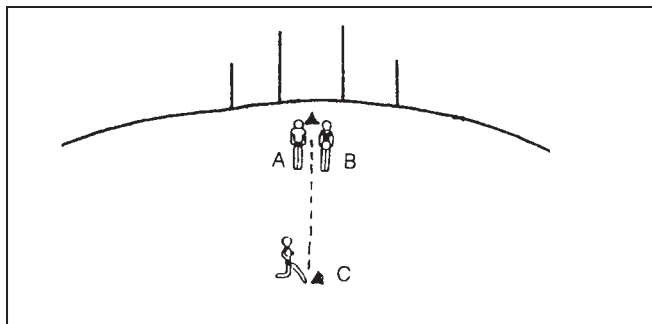


54 Goalkicking (MP/LP)

Skills: Kicking

Description:

In pairs. Ball is kicked to AB who contest mark. If mark is taken, player takes a direct kick. If ball goes to ground contest for possession and quick kick for goal.

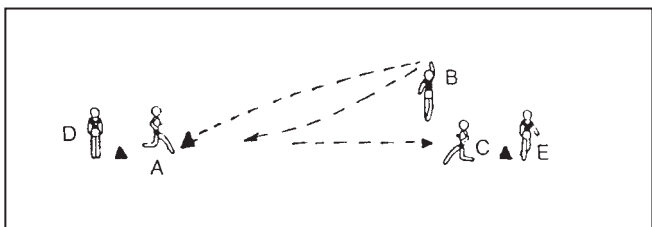


55 Lanework (LP)

Skills: Kicking, marking, running

Description:

Groups of three to four behind each marker. Player A kicks to player B leading. Both run on. Player B handballs back to player A. Player A handballs to player C. Player C kicks to player D. Repeat. After disposal, players runs on to opposite end.

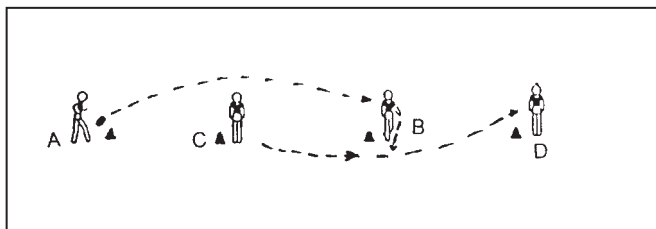


Variations:

- Repeat in triangle formation.
- Introduce token then active opposition at mid point of lane.

Skill drills continued...**56 Lanework (LP)****Skills:** Kicking, marking, handball, running past, passing**Description:**

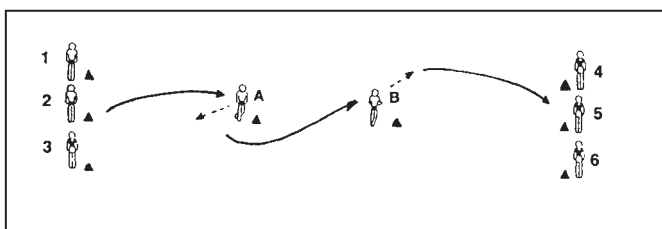
Groups of six, with two players at A, D and one player at C, B. Player A kicks to player B and runs on to take place of player C. Player C runs past player B, receives handball, then handballs or kicks to player D. Player D kicks to player C, runs on and takes place of player B. Player B runs past player C, receives handball, then handballs or kicks to player A. Repeat.

**Variation:**

- Introduce token then active opposition at handball points.

57 Lanework (LP)**Skills:** Kicking, marking, handball, talking, running on**Description:**

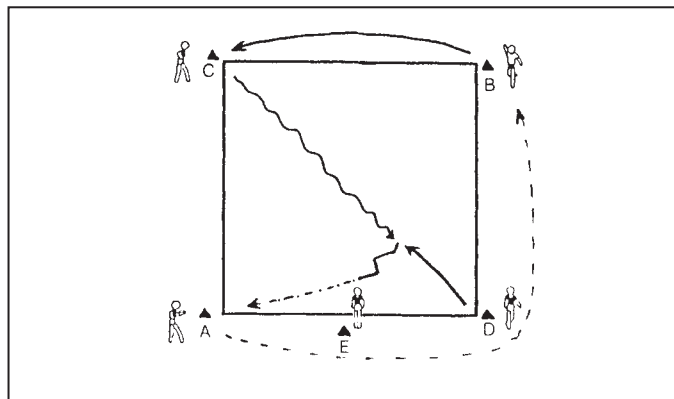
Two groups of three players at either end. One player at A, B. Player 2 kicks to player A. Players 1, 2, 3 run on take handball from A, handball long or kick to player B, receive handball from B and kick to players 4, 5, 6. Repeat. Rotate players at A and B.

**Variation:**

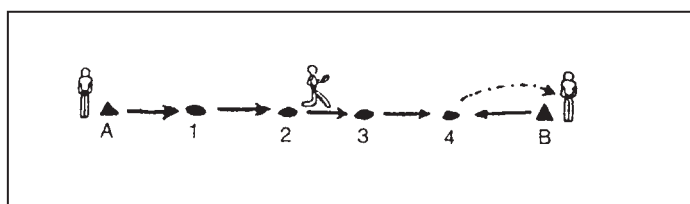
- Introduce token then active opposition.

58 Combination Drill (MP/LP)**Skills:** Picking up, handball, bouncing, kicking, evasion**Description:**

Square approximately 20–40m, three–four players at each marker. Player A runs around player D bouncing the ball to player B. Player B kicks to player C. Player C marks and rolls ball along ground to player D, who gathers and evades player E. Player D handballs to player A. Repeat. All players run to next marker after disposal.

**59 Lanework (EP/MP)****Skills:** Picking up**Description:**

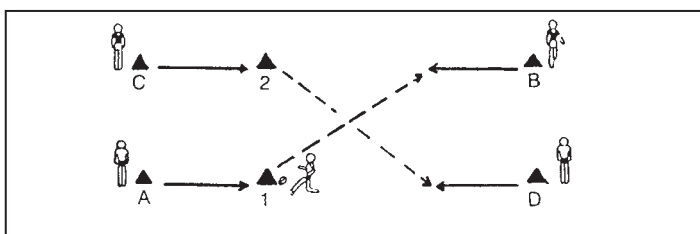
Groups of three players at each marker. Player A runs out, picks up ball at point 1. The ball is touched to the chest quickly and replaced on the ground. Repeat points 2, 3, 4. When ball is placed at 4, player B runs out and repeats drill.

**Variation:**

- Pick up, spin turn, place down.

60 Lanework (MP/LP)**Skills:** Picking up, handball**Description:**

Groups of three to four players behind markers A, B, C, D. Player A runs out, picks up the ball at point 1 and handballs across to B. Player B runs to point 2 and places ball on ground. Player C runs out, picks up at point 2, and handballs across to D. Player D runs to point 1 and places ball on ground. Repeat.

**Variation:**

- Introduce token then active opposition.

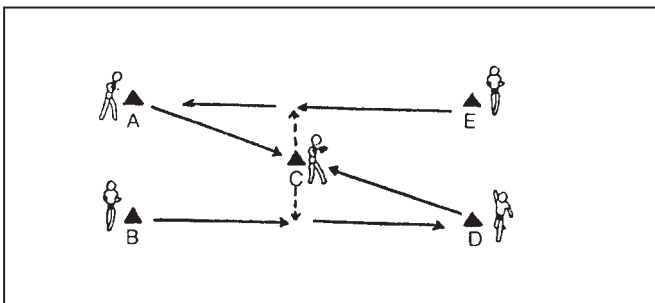
Skill drills continued...

61 Lanework (LP)

Skills: Handball, running past

Description:

One player in middle. three-four players at markers A, B, D, E. Player A handballs to player C. Player C handballs to player B. Player B runs towards player D and handballs. Player D handballs to player C. Player C handballs to player E. Player E handballs to player A. Repeat.

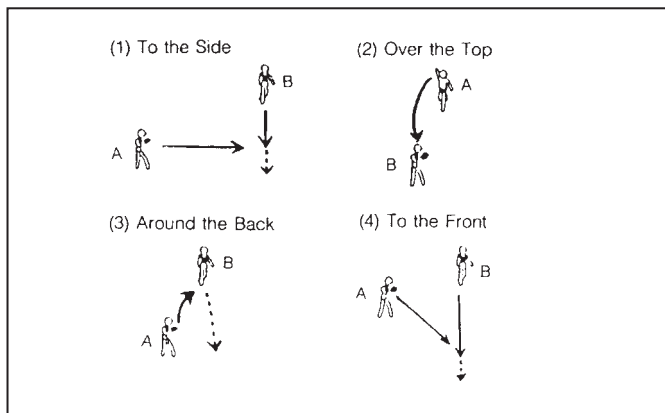


62 Playing on From a Mark (MP/LP)

Skills: Handball, playing on

Description:

Players in groups of two. Player A has the ball after taking an imaginary mark. Player A handballs to player B running past. Players change positions and repeat.

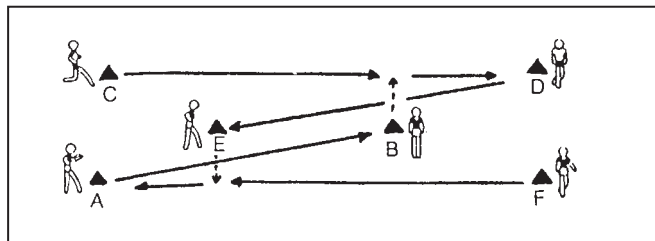


63 Lanework (LP)

Skills: Handball, running past

Description:

One player at markers E, B. Three-four players at markers A, C, D, F. Player A runs through to player B. Player B handballs to player C. Player C handballs to player D. Player D handballs to player E. Player E handballs to player F. Player F handballs to player A. Repeat.

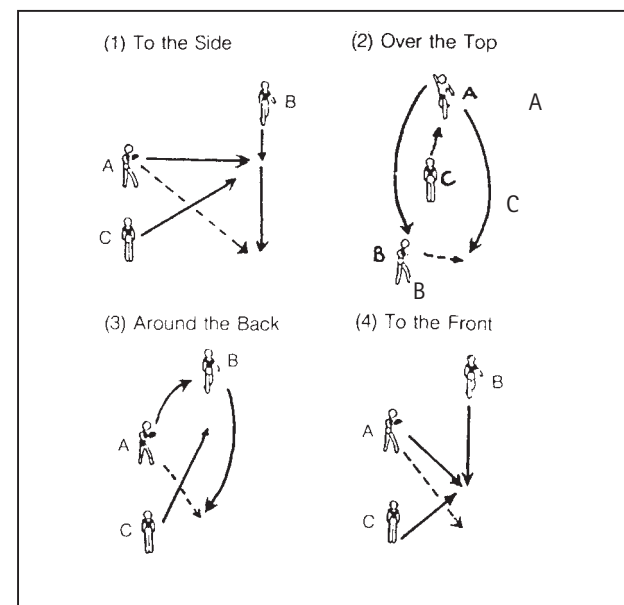


64 Playing on from a Mark (LP)

Skills: Handball, running, tackling, playing on

Description:

Players in groups of three. Player A has the ball after taking an imaginary mark. Player C stands the mark. Player A handballs to player B running past, runs on and takes handball back from B. Players rotate positions and repeat. Player standing the mark provides opposition from passive to token. When players are competent, extend to active opposition.

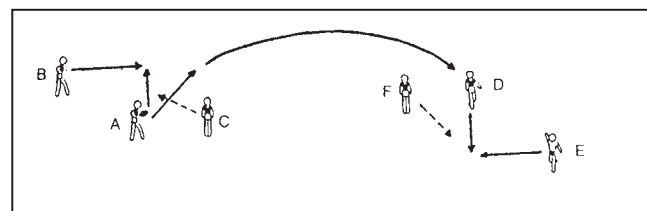


65 Playing on from a Mark (LP)

Skills: Handball, kicking, running

Description:

Players in groups of six. Players practice playing on to the side from a mark. Player C provides token to active opposition until player A kicks the ball to D, E, F, who repeats.



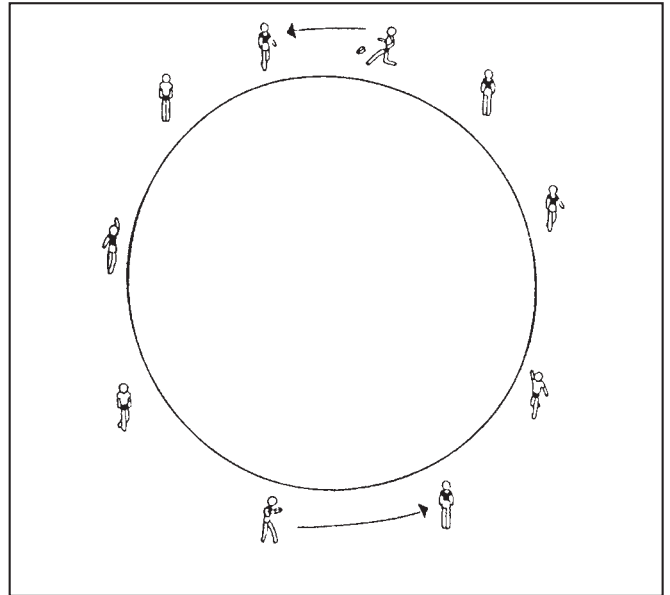
Skill drills continued...

66 Circle Overtake (MP/LP)

Skills: Handball, kicking

Description:

Distance between players depends on skill being practised. Further apart for kicking. Players stay in position. Commence one ball each side of circle. Pass each ball in same direction around circle. Object – overtake ball in front.



GRID DRILLS

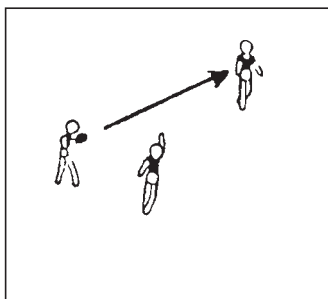
Skills: Handball, tackling, bumping, shepherding

Formation:

Squares approximately 10m x 10m. Three to four players per square.

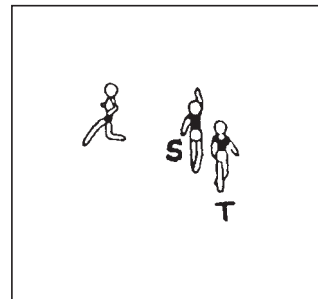
1. Keepings Off (MP/LP)

Two players keep the ball away from an opponent, using handball.



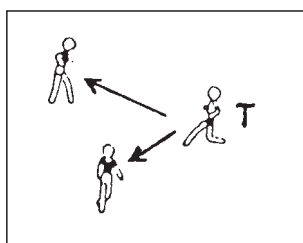
4. Shepherding (LP)

The shepherd (S) must protect the ball carrier from the tackler (T).



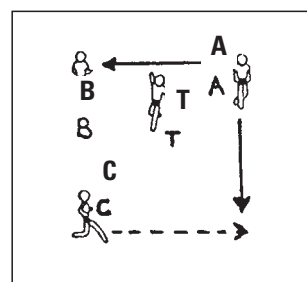
2. Tackler (LP)

(T) attempts alternate tackles on A and B for maximum period up to 30 seconds.



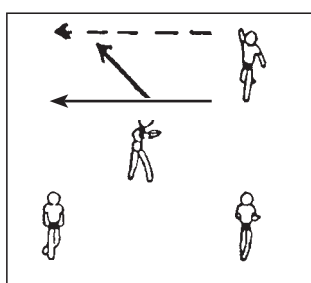
5. Making position (LP)

Player (T) attempts to intercept the ball. The ball can only move along the sides of the grid. If player A finds his avenue to player B cut off by player T, he passes to player C who has moved down to the vacant corner.



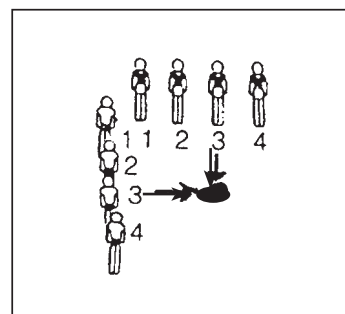
3. Criss Cross handball (LP)

Players can move to vacant corner and call for the ball from leader in centre.



6. Reactions (MP/LP)

Players are given a number and when called, compete for the ball in the centre of the grid.



ADVANCED DRILLS

For Late Primary Level

1 Kicking, Marking

Objectives:

- To develop both the preferred and non-preferred leg kicking skills.
- To develop hand marking skills.

Fundamentals:

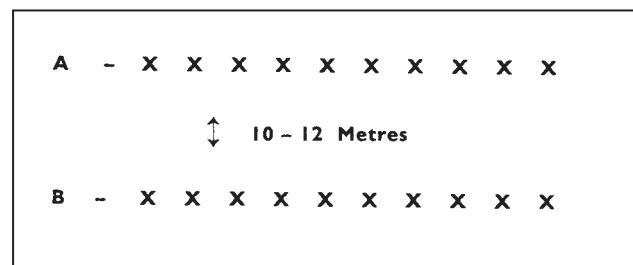
- Aim to kick out in front of player's eyes.
- Straight line trajectory kick.
- Leg follow through in the direction the kick is to go.
- Keep eyes on ball.
- Bend elbows.
- Spread fingers with thumbs back, cock wrists.

Drill:

In pairs, at the signal, players kick to each other for two minutes using preferred side and counting total.

- Repeat with players kicking with non-preferred leg.
- Extend distance between partners as the players become proficient or simply to challenge them.

Note: This activity can also be used to develop handball skills.



2 Kicking, Marking

Objectives:

- To develop both the preferred and non-preferred leg kicking skills.
- To develop hand marking skills.

Fundamentals:

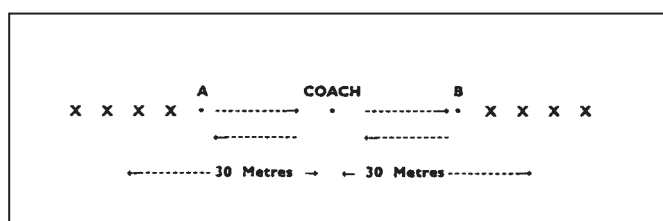
- Aim to kick out in front of player's eyes.
- Straight line trajectory kick.
- Leg follow through in the direction the kick is to go.
- Keep eyes on ball.
- Bend elbows.
- Spread fingers with thumbs back, cock wrists.

Drill:

Player A kicks ball with preferred leg to coach, continues to run on line of kick to receive handball from the coach and kicks to player B. Player B then repeats this activity back to the next player at Point A.

- Repeat with players with non-preferred leg.
- Repeat with players alternating kicking with preferred and non-preferred leg.

Note: This activity can also be used for right and left side handballing.



3 Relay Race

Objectives:

- To develop both the preferred and non-preferred leg kicking skills.
- To develop hand marking skills.

Fundamentals:

- Aim to kick out in front of player's eyes.
- Straight line trajectory kick.
- Leg follow through in the direction the kick is to go.
- Keep eyes on ball.
- Bend elbows.
- Spread fingers with thumbs back, cock wrists.

Drill:

Players in teams of six behind Point A. First player runs around Point C and kicks ball with preferred leg to the next player in his team. The receiver meets the ball but must mark before Point B or he will be sent back by the coach. Each player has two turns before deciding the winning team.

- Repeat with players kicking with non-preferred leg.
- Introduce a skill to be used before Point C (eg, bounce the ball, handball to self, etc).
- Set up teams at each end with Point D and E.



Advanced drills continued...

4 Kick to Lead

Objectives:

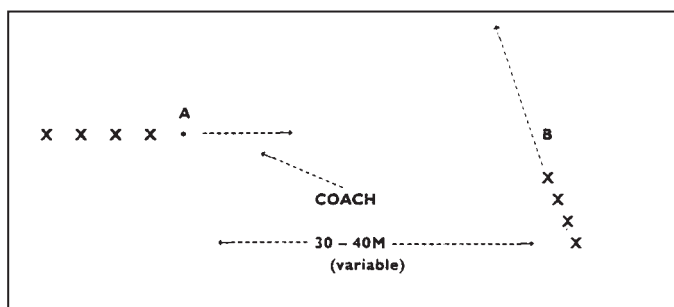
- Accurate, long kicking.
- Lining the body up to the direction of kicking.
- Kick the ball a long way with the lowest possible trajectory.
- Anticipation and patience when leading to a kick.
- Kicking in front of a lead.
- Judge a ball in flight.

Fundamentals:

- Be balanced when kicking.
- Turn the body to where the ball is to be kicked.
- Make sure the leg follows through in the direction the kick is to go.
- Follow on in the line of the kick.
- Mark with the hands.

Drill:

Coach rolls (or handballs) to player A who kicks the ball well in front of player B who marks. Player B returns the ball to coach. Players rotate.



5 Forward Switch Kick

Objectives:

- Kicking accurately to a leading teammate.
- Kicking accurately for goals.
- Running to support teammate.
- The concept of the alternative play.
- Anticipation when leading.

Fundamentals:

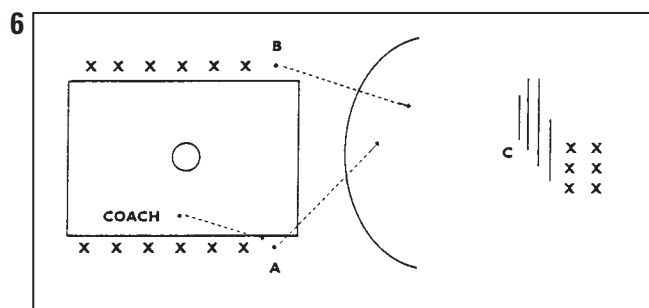
- Kick approximately 15m in front of the leading teammate.
- Run to follow line of ball.
- Mark, run and kick accurately for goal.

Drill:

Coach rolls running ball to player A who is running near the edge of the corridor towards the goal. Player A collects the ball and kicks to player B who is leading towards goal from the other side of the square. Player A runs to support player B who shoots for goal.

Player C runs to collect the ball and returns it to the coach. Players rotate to next point.

Note: Many balls can be used and the drill should be done on both sides of the ground and at both ends.



Half-Ground Drill

Objectives:

- Accurate kicking to leading teammate.
- Anticipation in receiving.
- Co-operation between teammates.
- Talk between teammates.
- Assisting a teammate.

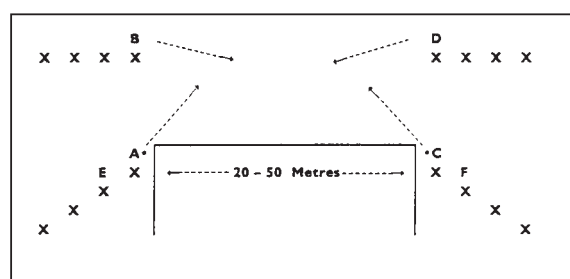
Fundamentals:

- Using a long kick in front of teammate.
- Using an effective, quick handball.
- Use of encouragement and co-operative voice. Backing up teammates.
- Selection of right option.
- Running.

Drill:

Player A starts drill with player E backing up. Player A handballs to player B who runs to receive, runs with ball and passes to leading player C who has player F backing up. Player C handballs to player D who has run to receive. Player D runs with the ball and passes to the next leading player at A. Players rotate.

Note: Players have to decide if and when to handball and kick. If an error is made, players have to use initiative to select the right method of solving the problem.



Advanced drills continued...**7 Handball, Kicking, Running****Objective:**

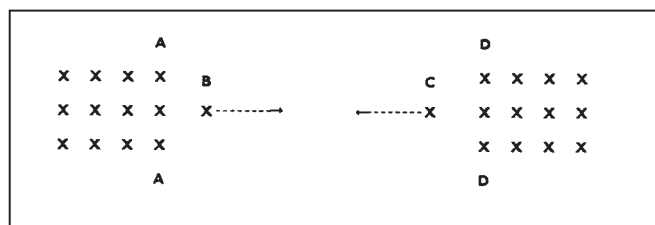
- The concept of the quick forward handball.
- Accurate passing to leading player.
- Develop the supporting running player.
- Develop co-operative voice between players.

Fundamentals:

- Handball quickly with control.
- Use double vocabulary.
- Lean towards teammate when handballing.
- Follow line of handball and support.
- Line body when kicking to lead.
- Kick ball well in front of leading player.

Drill:

Player at A starts handballing to best option until in range to pass to player C. Player C leads forward and has ball passed to him. Players from A continue to run to give player C three reverse options. Player who receives handball, handballs to a player from D. The players from D share the handball until in range to pass to player B. Player B leads forward and has ball passed to him. Players from D continue to run to give player B three reverse options. The player who kicks the ball always goes to cone B or C.

**8 Kicking to a Lead****Objectives:**

- Kicking to a leading teammate.
- Quick handball to a teammate.
- The running skills of players.
- Anticipation when leading.
- The use of talk between teammates.

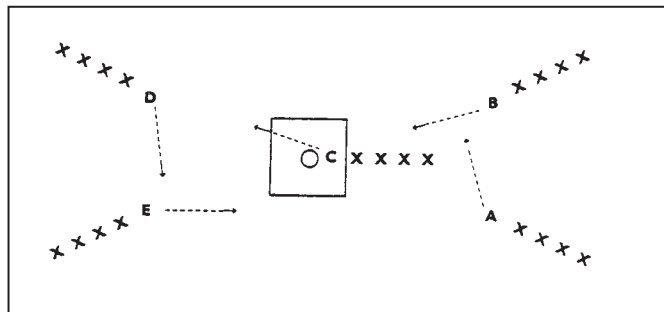
Fundamentals:

- Kicking long, approximately 15 metres in front of leading teammate.
- Running to support teammate until ball is out of zone.

Drill:

This drill can be done using one or two players from each cone. If using two players, one is the offensive player, the other the passive player. Player A kicks to player B who is leading and

runs on to support. Player B marks, then quickly handballs to player C and runs to support. Player D marks, then kicks to player E who is leading and runs to support. Players rotate to next point.

**9 Change Approach Drill****Objective:**

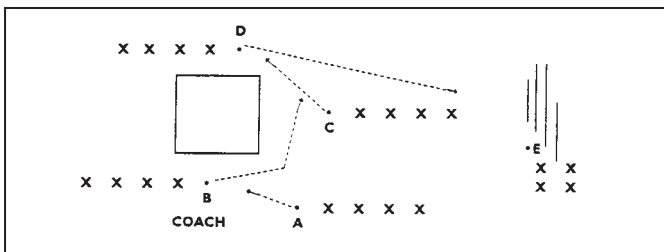
- Kicking, handball, marking and running.
- Reverse handball.
- The running receiver.
- Use of alternative play.
- Play on from a mark.

Fundamentals:

- Marking the ball on hands, fingers spread, wrists cocked, elbows 120 degrees, eyes on the ball.
- Use of quick handball.
- Kicking 15m in front of leading teammate.
- Running to support teammate.
- Lean towards teammate when handballing.
- Receiver player to show patience.

Drill:

Coach kicks ball to player A who marks, simulating moving away from the goal under pressure. Player A handballs to receiver teammate B who kicks to player C who is leading away from goal on the other side of corridor under simulated pressure. Players A and B follow play to act as support. Player C handballs to player D who runs to receive reverse handball then sprints, balances and kicks for goal. Player C follows player D to act as support. Player E returns ball to coach. Each player moves onto next cone.



Note: This drill should be done from both sides and ends of the ground.

Advanced drills continued...

10 Receiving, Handball, Collecting the Ball, Kicking

Objective:

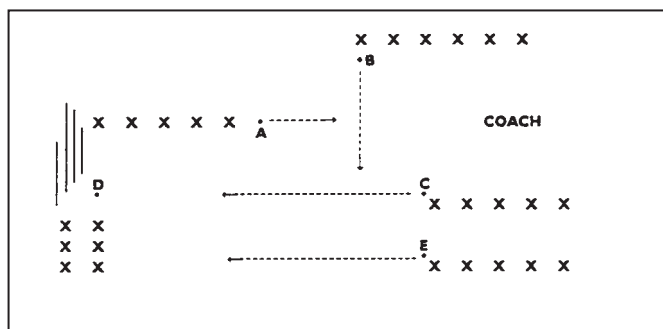
- The running player from defence.
- Anticipation in receiving.
- The basic skills of handball, kicking and collecting the ball.

Fundamentals:

- Receiver to meet the ball. Run to support teammate.
- Handball left hand to right side, right hand to left side.
- Goal kicker to kick within his range.
- Use of encouragement and co-operative voice.
- Quickness of handball.

Drills:

Coach rolls ball to player A who is simulating moving away from goal. Player A handballs to sweeper player B, who handballs to running player C who runs and kicks for goal. Players A and B run with player C and act as support agents both verbally and simulated practically. Player D receives ball. All players move onto next cone.



Note: This drill should be done both sides of the ground and at both ends.

11 Figure 8 Kicking

Objective:

- Accurate, long kicking.
- Lining the body to the direction of kicking.
- Kick the ball long with the lowest possible trajectory.
- Kicking in front of a lead.
- Anticipation and patience when leading to a kick.
- Judge a ball in flight.

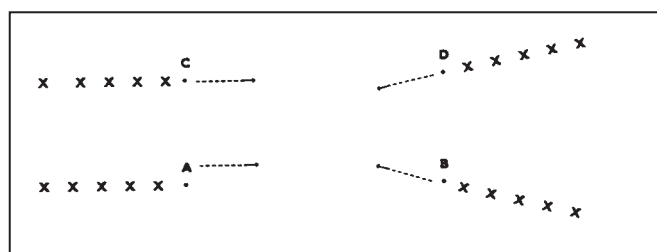
Fundamentals:

- Balance when kicking.
- Turn the body to where the ball is to be kicked.
- Ensure the leg follows through in the direction the kick is to go.
- Follow on in the line of the kick.
- Mark with the hands.

Drills:

Coach kicks ball to player A to start the drill. Player A marks, sprints with ball, balances and kicks to player B who is leading. Player B marks, sprints with the ball, balances and kicks to player C who is leading. The drill continues the same with player D and on to the next player at A. Players rotate to the next point.

Note: This drill can also be done with two players moving from each point, one as back-up support.



12 Double Reverse Drill

Objectives:

- Running player from defence.
- Anticipation in receiving.
- Basic skills of handball, kicking and collecting the ball.
- Reverse handball.

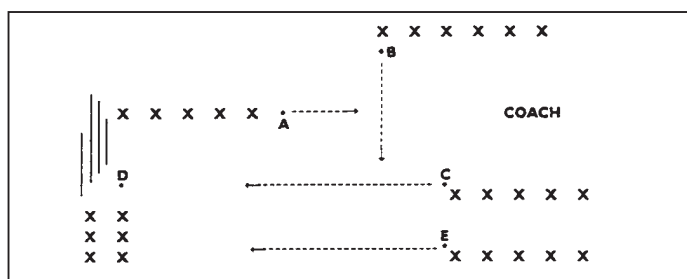
Fundamentals:

- Receiver to meet the ball.
- Run to support teammate.
- Handball left hand to right side, right hand to left side.
- Goal kicker to kick within his range.
- Use of encouragement and co-operative voice.
- Quickness of handball.

Drill:

Coach rolls ball to player A who is simulating moving from goal. Player A handballs to sweeper player B, who handballs to running players C/E who runs and kicks for goal. Players A and B run with players C/E and act as support agents both verbally and simulated practically. Player D receives ball. All players move onto next cone.

Note: The drill should be done both sides of the ground and at both ends.



Advanced drills continued...**13 Low Handball Drill****Objectives:**

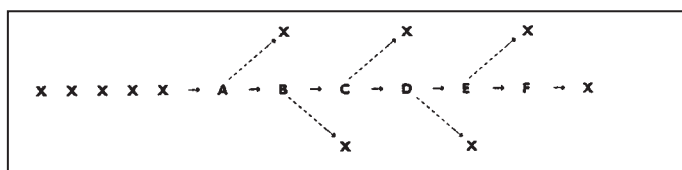
- Quick, accurate handball.
- Handball from a low position.

Fundamentals:

- Bending legs to pick up low ball.
- Use right hand to left side, left hand to right side.
- Handball as quickly as possible without straightening.
- Listening to voice.

Drill:

Player runs towards point A, picks up ball and handballs as quickly and accurately as possible to the player on left who returns to point A and moves to end of line. Player continues to run toward point B, picks up ball and handballs (as before) to player on right who returns ball to point B and moves to point A. Player continues this pattern until Point F where handballing player stays at end. Next player then has his turn, etc.

**14 Kick Length/Handball Width Drill****Objectives:**

- Co-operation among players.
- Skills of kicking and handball.
- Running skills of players.

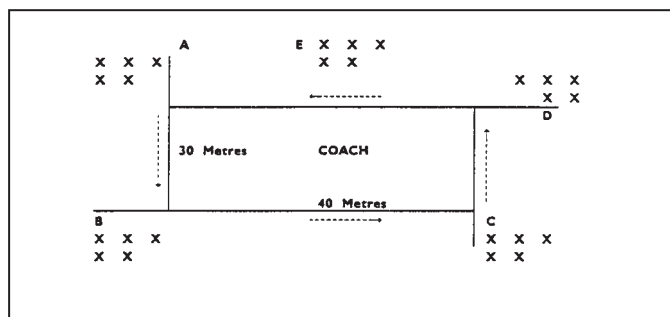
Fundamentals:

- Using a long kick in front of teammate.
- Use of encouragement and co-operative voice.
- Use of long handball. Backing up teammates.
- Marking football in hands.
- Quickness of use of handball.
- Selection of teammate.

Drill:

Handball the width, kick the length. One ball. Group A handball to each other, selecting teammate in best position, while all running width of ground. Group B receives the football, quickly handballing to teammate in best position. This player kicks the ball to any player from Group C, then runs width (as per Group A). Group D receives the football and handball and kick (as per Group B). Each group moves onto next zone with Group E moving to A, Group A to B, etc.

Note: This direction is mainly a right handed drill, so reverse direction for left sided drill.

**15 Squared Handball****Objectives:**

- Handball so players automatically use left hand to right side and right hand to left side.
- Following the line of the ball after handballing.
- Co-operative voices between players.
- Quickness of handball while maintaining control.

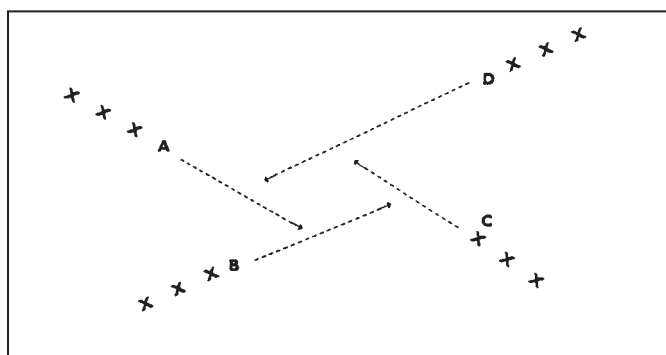
Fundamentals:

- Aim out in front of partner's eyes.
- Use right hand to left side, left hand to right side.
- Lean towards partner when handballing.
- Following line of ball until partner has handballed.
- Player handballing names recipient.
- Player to receive demands from partner (i.e. use of double vocabulary).

Drill:

Use of one ball, player A handballs to player B and follows until player B handballs when he moves to zone C. Player B handballs to player C and follows until player C handballs when he moves to zone D and so on.

Note: This is basically a right hand drill. Reverse direction for left hand handball. Change groups occasionally ie: B and C change. This will mean different players handball to each other.



SKILL GAMES

The recommended level for each game is designated by the following codes placed next to the name of each game:

(EP):	Early Primary	Motor coordination stage	Ages 5 to 8 years
(MP):	Middle Primary	Basic Skill Stage	Ages 9 to 10 years
(AP):	Late Primary	Advanced, extension and game skill stages	Age 11 onwards

Note that many of these games can be modified to make them suitable for levels other than those for which they have been recommended.

For example:

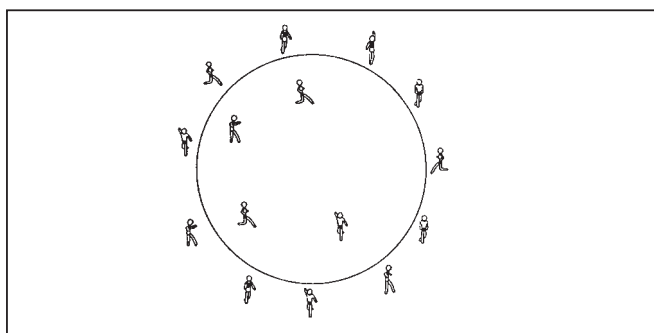
- Substituting tossing for handball
- Modifying the degree of opposition
- Using round balls instead of oval balls

1 Circle Dodge Ball (EP/MP)

Skills: Tossing, Handball, Catching

Description:

Circle seven metre diameter (approx). Players outside circle handball at those inside. Each player "hit" is out. Teams exchange positions when all players are out. After the ball hits a player or leaves the court, the ball is "dead" and may be picked up. Score a point for every opponent hit. Team that scores most points in a given period or reaches a certain score first wins.



Variations:

- If ball is caught, player remains in game.
- Balls may be used by attackers.
- If a player catches a ball, he can bring back a player who has been hit.
- Player hit by opposing team remains in game.

2 Simple Tag Ball (MP)

Skills: Tossing or Handball

Description:

One half of a basketball court. One player is selected as "IT". Other players have a ball which is passed between them until a player, with ball in possession, is close enough to tag "IT" with the ball. Player who tags, drops the ball, and becomes new "IT". Use handball or toss.

Variation:

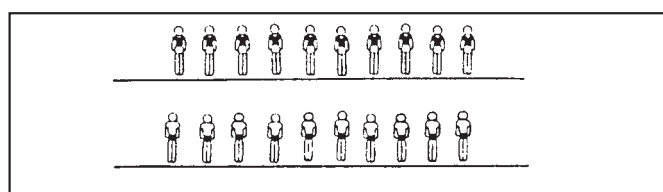
Players carrying ball may only travel three steps before the ball is passed.

3 Astride Ball (EP/MP)

Skills: Stopping, Picking Up

Description:

Two teams line up and face each other from about 2m in distance. Each player has feet astride, touching the player's feet next to him. The object is to force the ball through an opponent's legs to score one point. The ball must be thrown underarm with two hands, between the legs. Feet cannot be moved. The ball may be blocked by the hands. The ball may only be held for five seconds. Team scoring most points in a set time, or the first to a certain score wins.



Variation:

- Ball may be handballed only.
- Circle formation.

Skill games continued...

4 Frozen Ball (EP/MP)

Skill: Catching

Description:

Half or full basketball size court. A passing and catching game for 10–15 players in which the object is to lose as few "lives" as possible. Game continues until one player has lost three lives. Players are either numbered in sequence or their names are used. Game starts when a player in the centre kicks or throws the ball in the air and calls a number or name.

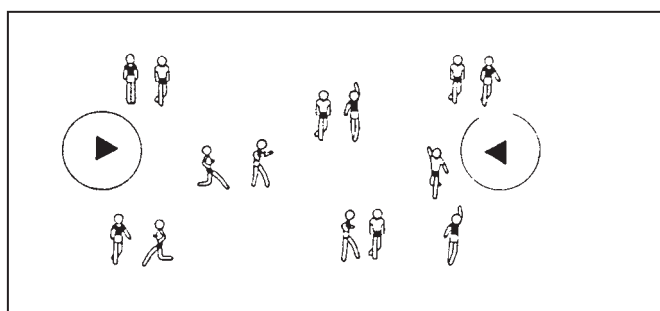
Player named runs to gather ball, remainder scatter. Player holds ball above head and calls "Freeze". All players must stop immediately and stand still. Ball is handpassed at nearest player. A hit means target player loses a life, a miss means thrower loses. The target players may not move their feet, but may attempt to catch the ball. Thrower loses a life if the ball is caught. The player who loses a life restarts play in the centre.

5 Carry On (MP/LP)

Skills: Tossing, Handball, Catching

Description:

The object is to hit the blocks of the opposing team. Players scattered over player area. Game starts when centre player with ball runs towards opponent's target and, by handpassing the ball, attempts to hit the blocks. Opposition players may tag the ball carrier. Once tagged, ball carrier must stand still and pass the ball to a teammate. Game then continues. If opposing team intercepts the ball, they retain possession and try to hit other team's target. One point is scored when opponent's blocks are hit. Team scoring the greater number of points wins. A ball out of bounds is given to the opponent of the player who last touched it. Contact other than a hand tag is penalised by a free throw at the blocks. After a goal is scored, the ball is brought back into play by the opposing team from behind the end line.

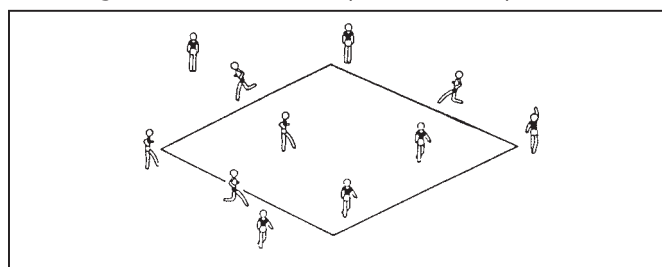


6 Boot Ball (MP/LP)

Skills: Kicking, Marking

Description:

Diamond/Square. Dimensions variable. Two teams – a batting team and a fielding team. Fielders stand anywhere within the playing area. The batting team line up behind home base. The first batter kicks the ball onto the field and runs the bases. The fielding team retrieve the ball and attempt to hit the runner while off the base. The ball may be kicked to another fielder but must be handballed at the runner. When each member of the batting team has had a turn, the teams change over. The team with the greater score wins. One point is scored per home run.



Rules:

"Foul" ball played as in softball; runners may not pass other runners; a runner is out if;

- A fielder catches the ball on the full.
- A runner passes another runner or goes to a base that is already occupied.
- A fielder hits a runner below the waist with the ball while the runner is off the base.
- A fielder with the ball touches the base that a runner is attempting to reach.

7 Bombardment (EP)

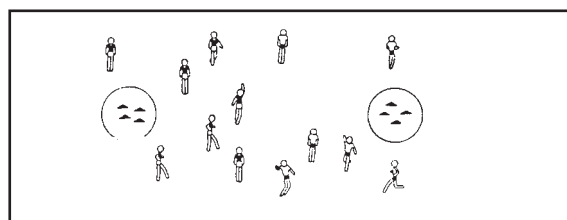
Skills: Picking Up

Description:

Area approximate size of basketball court. Players attempt to knock down their opponents' blocks and protect their own blocks. Players positioned in each half of court, may move around freely, but not outside their court. Players are not permitted in the five foot area containing the targets. Game commences with one player rolling the ball at the opposing team's blocks. The winner is the team that first knocks down all the blocks of the other team.

Variation:

- Ball handpassed or kicked.



Skill games continued...

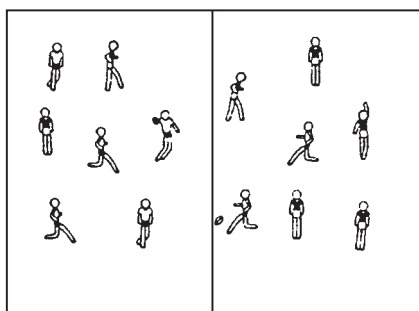
8 Scout (MP/LP)

Skills: Handball, Kicking, Marking, Passing

Description:

Players position in opposite halves of the area. One player from each team acts as a scout in the opponent's area. The object is to get the ball into the hands of the scout in the opponent's court.

An additional scout, until there are three, is sent into the opponent's court for each successful attempt. Scoring begins when there are three scouts in the opponent's court. Points are scored for passes received by these scouts. Scouts may pass to each other but these do not score. Team that scores most points in a given period or reaches a certain score first wins. No running with the ball.



Variation:

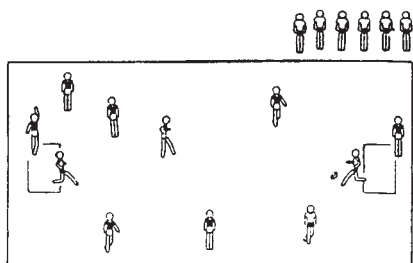
- The ball may be kicked or handpassed.

9 Long Ball One (MP/LP)

Skills: Kicking, Marking

Description:

Basketball court size area. Two teams, one kicking, other fielding. Playing area has a home plate and long base. Fielding team has a catcher, long base man, and fielders. Kicker kicks ball, runs to long base and attempts to return to home base. The kicker may remain at long base if it is unsafe to return. Any number of players may be on long base at the same time. A player on long base may only run when the ball has been kicked. One point per return run is scored.



Rules:

A runner may not "steal" home. A kicker is out if he:

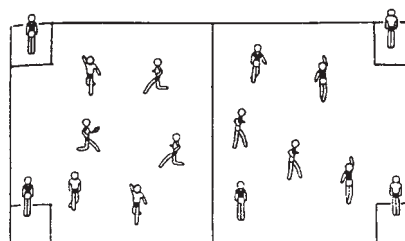
- Kicks a ball that is caught.
- Is tagged off base by a fielder with a ball.
- Steals a run to home base.
- Reaches long base after the ball is received by the long base man.

10 Corner Ball (MP/LP)

Skills: Hitting Out, Handball, Passing

Description:

Basketball size court. Eight-15 players each team. Two players from each team in corner boxes. The object is pass the ball to the corner men who attempt to catch it. All players rotate through corner boxes in turn. Game is started with a toss up at the centre between two opposing players. On gaining possession, a team passes the ball so that their corner men catch it. When the ball goes out of bounds the nearest player passes it back into play.



Variation:

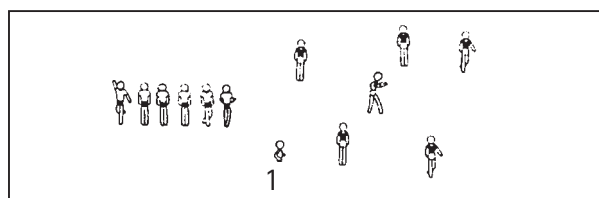
- Ball may be handpassed or kicked.

11 Passing Versus Sprinting (EP/MP)

Skills: Handball, Passing

Description:

Running team form a straight line. Passing team form a circle around their leader. Number one from the running team runs around the circle formed by the passing team. Each member of the running team completes this circuit while the passing team count how many passes of the ball the captain can make to the members of the team. When the running team has completed the running circuit, they call 'STOP'. Teams change places. The team with the greater number of passes is the winner.



Variation:

- Pass can be either a handball or a kick.

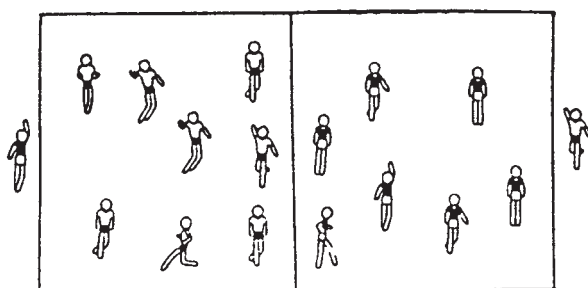
Skill games continued...

12 Two Court Dodge Ball (EP/MP)

Skills: Handball, Passing

Description:

Two teams, six-10 members, scattered on court, as per diagram. Start with one player (thrower) behind each backline. The object is to be the last team out of the game. One team is selected to have first throw. Play commences when ball is thrown at an opponent (below the knee), in the opposite court. If hit, he goes to the opposite backline and becomes a thrower only. Hits are made from in front and behind the teams. Teams alternate in turns at throwing the ball. The winner is the team to be "hit" out.



Rules:

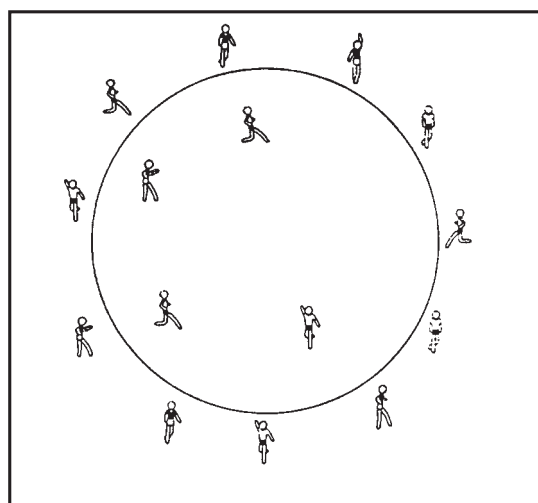
- The ball is "dead" once a player is hit or if it is caught on the full, or goes over the side line.
- To score a "hit", the ball must be thrown either by a "thrower only" behind the backline, or members of the teams still in, from within their own court.
- Or the "thrower only" to have a valid throw, they must receive a pass on the full from one of their teammates inside their court.
- Passes may be intercepted by the opponents.
- A "hit" can be cancelled if a player can gather the ball cleanly, not necessarily on the full.

13 Tom Tiddler (EP/MP)

Skills: Picking Up

Description:

A 5m diameter circle containing 10-20 footballs. Approximately 1/5th of the players are placed inside the circle. The remaining players patrol outside. The "robbers" must attempt to steal the footballs from inside the circle. The guards attempt to protect the balls and tag as many "robbers" as possible. Any "robbers" caught remain and help inside circle.

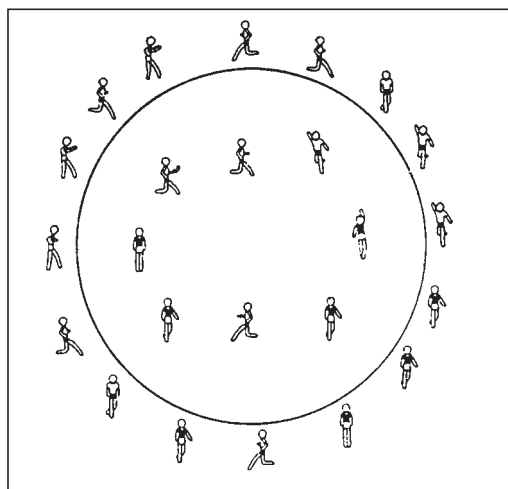


14 Empty The Circle (EP/MP)

Skills: Kicking, Marking

Description:

A 5m diameter circle containing 10-20 footballs. Approximately 1/5th of the players are placed inside the circle. The remaining players patrol outside. Players inside the circle must pick up balls and kick them out as fast as possible. Players outside attempt to retrieve the balls as quickly as possible. The game finishes when all balls are out of the circle at the one time.



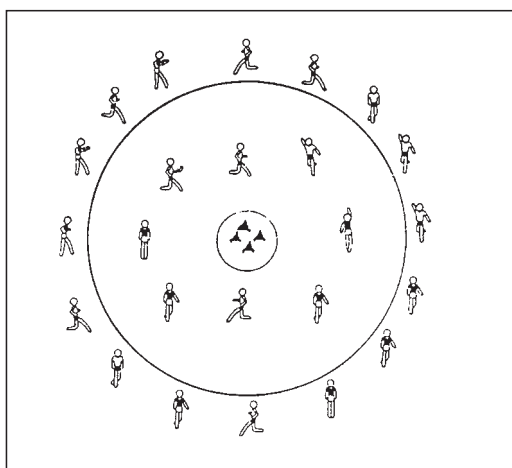
Skill games continued...

15 Circle Bombardment (EP/MP)

Skills: Stopping, Handball, Catching

Description:

A 10-20m circle or square with any suitable object as a target placed in the centre. Two equal teams. One team defends from within the circle, the other team attempts to hit target. Points are scored if handball hits target but lost if caught by a defender. The defenders may stop the ball any way but must roll it back outside the circle. The teams swap over, winner is the team with the highest score.



Variation:

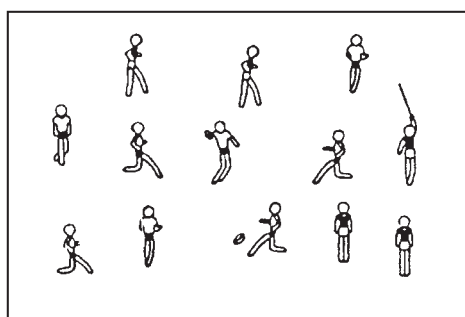
- Kick instead of handball.

16 Wicked Witch (EP)

Skills: All Skills

Description:

A 10-15m square. All players have a ball. Coach as wicked witch holds a stick up as a wand. On his command the players carry out nominated skill such as bouncing the ball while running. Commands are carried out until the wand drops, usually after two or three commands, and players are chased by the witch towards a safe area (boundaries). Anyone caught becomes a helper.

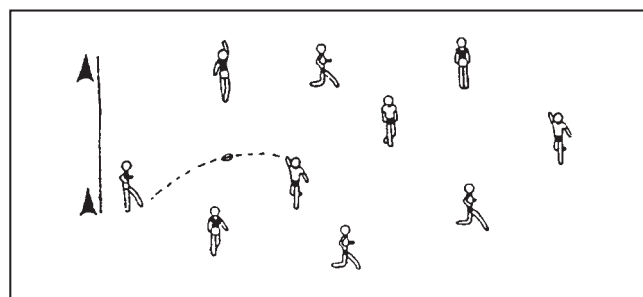


17 Continuous Cricket (MP/LP)

Skills: Kicking, Marking

Description:

Two equal teams, one batting, one fielding. Batsman hits or kicks ball away and runs to marker and back to score a run. Fielders must quickly return footy to bowler as he may bowl immediately, whether batsman is ready or not. Batsman may be caught, bowled or run out. Ball can be rolled or thrown. Change over when the whole team is out. The team with the most runs wins.



Variation:

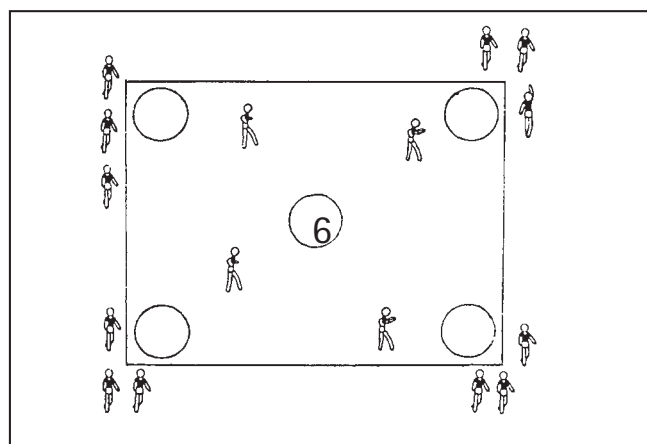
- Fielders may be required to return ball by running and bouncing it or kicking it.

18 Ball Scramble (EP)

Skills: Picking Up

Description:

One third basketball court size area. Four teams, one in each corner. Five hoops, one per corner and one in centre. Six footballs placed in centre hoop. One player from each team runs to collect and place footballs in their team's hoop. Only one football can be carried at a time and may be taken from centre or other team's hoops. Winning team has the most balls in their hoop at the finish.



Variation:

- Players bounce footballs back to hoop.

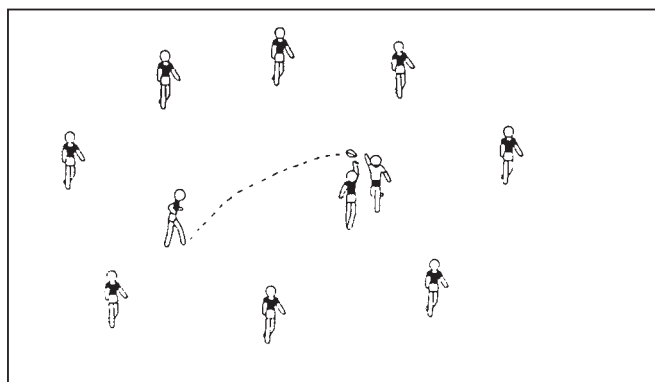
Skill games continued...

19 Pickle (MP/LP)

Skills: Catching

Description:

Players numbered in pairs in scattered formation. One player throws a football up and calls a number. The two players with the number try to mark the ball. If marked, procedure is repeated, otherwise player calls "PICKLE". All stand still and player with ball attempts to hit them. Ball may be dodged without moving feet. Player hit restarts game.

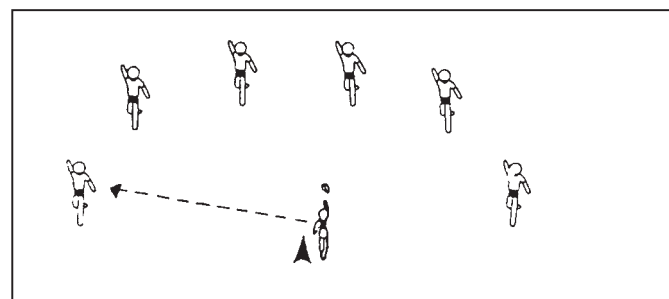


20 Corner Spry Kick (MP/LP)

Skills: Handball, Catching

Description:

Groups of five-to-six players with leader standing 10m away. Leader handballs to first player who handballs back and sits down. Procedure is repeated with remaining players. First player swaps places with leader and game continues until all players have returned to their original positions.

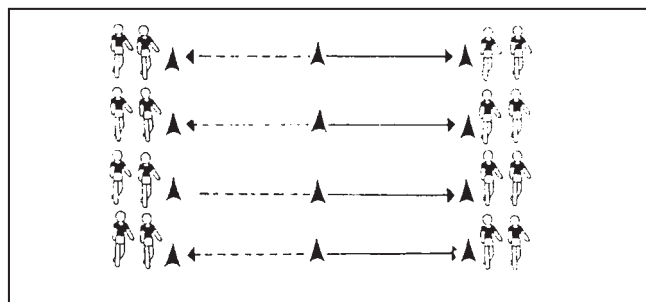


21 Hit On And Pick Up Relay (EP/MP)

Skills: Hitting on, Pick up

Description:

Four teams in relay formation, half players at either end of track. Marker in middle. On signal, first runner places ball on ground and hits towards marker. When both ball and runner pass marker, ball may be picked up and handballed to next runner. Winner is first team to have all runners in original positions.

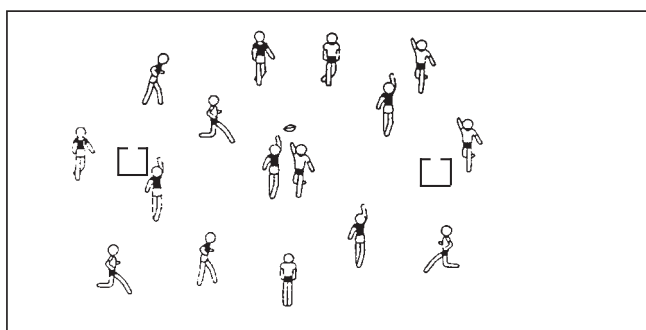


22 Matball (MP/LP)

Skills: Handball, Passing, Interception

Description:

Two teams, Defenders and Attackers. Seven-nine players a side. Basketball court size playing area. Each team has a mat or marked area (4' x 6') for goalie. Each team selects a catcher who stands on his team's mat or goal area. Game is started with ball up between two centre players. Players use handball only to pass ball to their team's goalie. Play is restarted by kick in from goalie. Ball is not in play until it touches the ground. If ball goes out on the full, it is returned by nearest opponent. Team scoring most goals wins.



Rules:

- No player other than goalie may step on the mat or enter the goal area. Free shot for goal from penalty spot.
- No player may run with the ball or hold it longer than three seconds. Free pass from where offence occurs.
- No body contact allowed. Free pass from when offence occurred or free shot for goal from penalty spot.

Skill games continued...

23 Bounce Ball (LP)

Skills: Handball, Bouncing, Interception, Passing

Description:

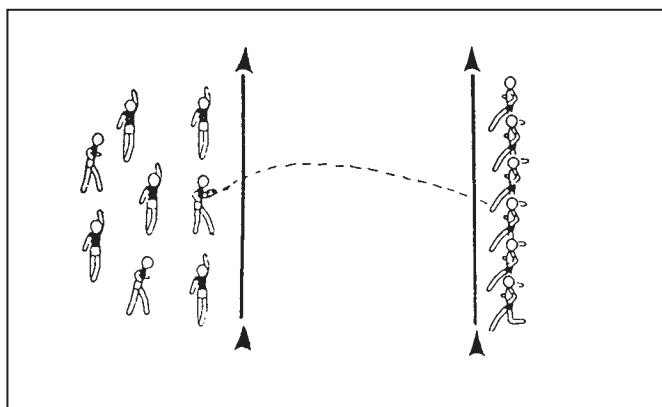
The formation is as for No. 22, matball. Game is similar to matball but with body contact allowed. However, player with ball cannot force a passage. Passing by handball only. No time limit with possession, but ball must be bounced every five steps. After a goal is scored, play is restarted with a centre ball up.

24 Boundary Ball (MP/LP)

Skills: Kicking, Marking

Description:

Each player in kicking team takes one kick from behind the kick off line. A point is scored if the ball lands past the boundary line approximately 15–20m away. Defenders attempt to mark ball. Teams swap over when all players on the kicking team have taken their kick. Winner is the team with the highest score.

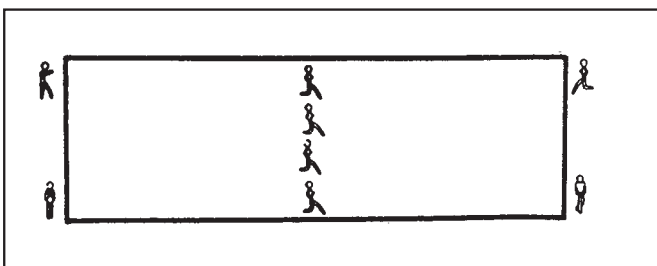


25 Pass The Guards (EP/MP)

Skills: Picking up

Description:

Team of equal numbers of four or five. Play a third of a netball court. One team lines up shoulder to shoulder across the middle. The other team mans both ends and attempts to roll the ball past the guards in the centre. Vary the game by using handball to hit the ground instead of bowling. One point for each that passes the guards.



26 Ten Up (all levels)

Skills: Various

Description:

A game where the first player in the group to reach 10 (or 20) of the nominated skill performances is the winner. The game can be varied by grouping players into pairs to perform a nominated task. The game is suitable for all levels as the difficulty of the task may be varied to suit different levels.

• **Early Primary**

- Catching on chest, in hands.
- Flip ball.
- Bounce and catch.
- Jump and hit to partner.

• **Middle Primary**

- Simple basic skills such as handball, kicking, marking on chest and overhead.

• **Late Primary**

- Advanced skills such as rocket and overspin handpasses, drop punts, leap and mark. Extend players by increasing distance and introducing odd positions.

27 Relay Games (all levels)

Skills: Various

Description:

Relay formations of various kinds are excellent for drills but relays can also be used for games in which skills are practised. Relay games are suitable for all levels as the difficulty of the task may be varied to suit different levels.

• **Early Primary**

- Dribbling, hit on, two handed pick up, two handed bounce, catching.

• **Middle Primary**

- Simple basic skills such as handball, kicking, marking, bouncing, one handed pick up.

• **Late Primary**

- Advanced skills such as Rocket and Over spin handball, drop kick, various evasive techniques. Extend players with increased distance and accuracy of passing.