



Names

Players in a circle throw a ball to other players in the circle. An interceptor inside the circle tries to intercept the ball. Only the interceptor can move. Groups of 4–6 players.



What you need

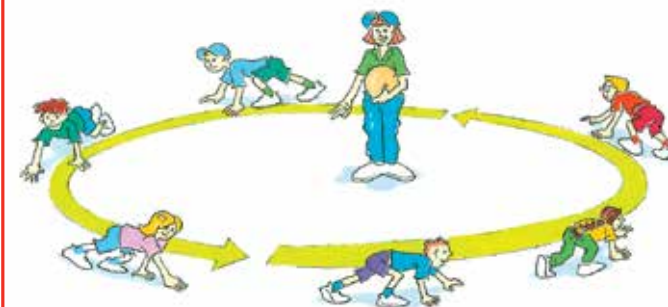
- > A playing area big enough for the circles of players
- > One medium-sized ball per group

What to do

- > Players on the circles can't move.
- > The player throwing the ball calls out a name (the receiver) and passes the ball to that player.
- > If the ball is intercepted, the thrower changes places with the interceptor, or change after 4 throws.

Variations

- > Players decide on names – cars, pop groups, movies, sports people.
- > More than one interceptor
- > New circle positions – after 2 successful consecutive passes, play is stopped and players move around the circle in the same direction 2 times to a new position. Play recommences. Vary the type of movements around the circle.



Scoring

- > The group with the highest number of consecutive passes in a set time wins.

LEARNING INTENTION

Names develops throwing, catching and intercepting skills. It is an introductory activity for invasion and striking/fielding games.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION REACTION TIME

SELF-PERCEPTION

STRATEGY AND PLANNING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43

change it...

Names

Coaching

- > Highlight good examples of throwing and catching. Ask the group why they think the pair has been chosen as role models.
- > Highlight good tactical passing or intercepting.

Game rules

- > **Type of pass** – vary the pass (e.g. include rolling).
- > **Restrict passing** – discuss with the group whether they would like to disallow passes to the person either side of them. Allow only certain passes.
- > **Bonus** – if passing to the person on either side is allowed and the ball is intercepted, this could give the interceptor a credit of one false call when in the throwing role.
- > **Time limit on ball contact** – for example, 'hot potato' or 3 seconds before throwing the ball.
- > **Restrict interceptor position** – the interceptor must stand at least one metre from the thrower.
- > **The teacher calls out the numbers.**
- > **Use more interceptors.**

Equipment

- > **Use different balls** – vary size, shape and hardness.

ALTERNATIVES



Playing area

- > Bigger or smaller circles.



Safety

- > Ensure adequate space for number of players.
- > Ensure adequate space between circles.
- > Agree on a 'lost ball' strategy, i.e. play stops until the ball is retrieved.
- > Players should have completed space/ player awareness activities before playing.

Ask the players

- > Think about your performance – what isn't working? What could you do differently so you are more successful?

Interceptors

- > How can you increase your chances of intercepting the ball?

Passers

- > How can you keep possession?
- > How do you communicate with your team-mates?
- > When will you use the long throw [Remember, longer means more air time]?