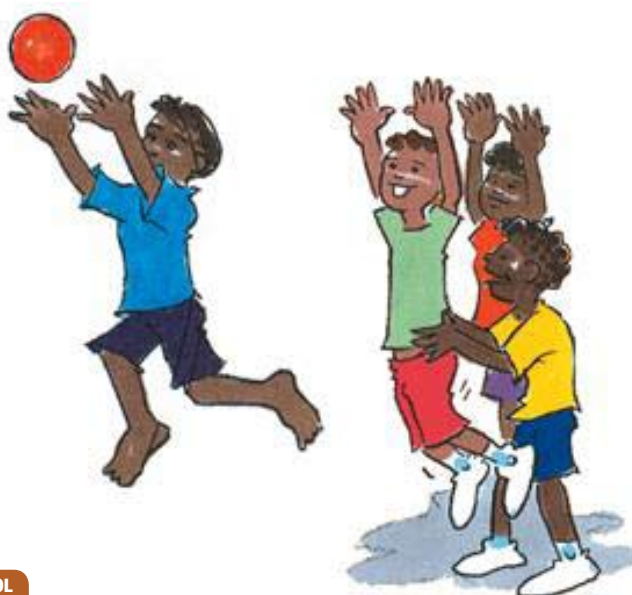




Australian Government  
Australian Sports Commission

# marn-grook

'marn-grook'



SCHOOL  
YEARS  
4-6

SCHOOL  
YEARS  
7-9

SCHOOL  
YEARS  
10-12

## Background

The *marn-grook* or 'game of ball' was played by some Aboriginal groups in Victoria. The men and boys would joyfully assemble when the game was to be played. The ball was often made of twine formed using the twisted hair of the possum. It was of a good size, somewhat elastic but firm and light.

The ball was given to the 'best' player or someone of 'note' to commence the game. The tallest players, and those able to jump the highest, had the best chances in the game. Some players would leap as high as 1.5 metres (or higher) from the ground to catch the ball. The game continued for hours and the players never seemed to weary of the exercise.

Some people believe that the game of *marn-grook* influenced the development of Australian rules football, but the evidence is not conclusive.

## Short description

A ball is kicked into the air and players attempt to catch it. This version is designed for younger players.

## Players

- Groups of six to 12 players

## Playing area

- A designated area suitable for the activity. If the ball goes outside the area the game is stopped.

## Equipment

- A small soccer ball, gator skin ball or volleyball

## Game play and basic rules

- The ball is dropped and kicked high into the air using the instep of the foot. Players then attempt to secure the ball. The player who takes possession of the ball kicks it in the air and again a scramble for the ball ensues. Players may not dive on the ball on the ground to secure it and must try to avoid physical contact as much as possible. It is usual for the players to attempt to catch the ball, but if it is knocked or dropped to the ground by players it is still in play.

## Variations

- Players are in groups 15–20 metres apart. When a player catches the ball he or she kicks it towards the other group of players, who attempt to catch the ball. This works very well as a lunchtime or physical education class skill activity.
- Fast play. Use a number of light balls. One or two designated players kick balls high into the air for other players to chase and gather. The balls are handed back to the kickers and play continues in this manner. Change around kickers and observe safety factors — the kickers should kick balls in different directions. If players catch the ball without it hitting the ground or after it bounces, they are acknowledged.

## Safety

Restrict the amount of physical contact. Stop the activity immediately if safety is compromised.

## Teaching points

- Spread out. Ready.
- Kick it high. Drop the ball to foot and kick.
- Call for the ball. No contact.
- Good catch. Let them kick.
- Keep going.