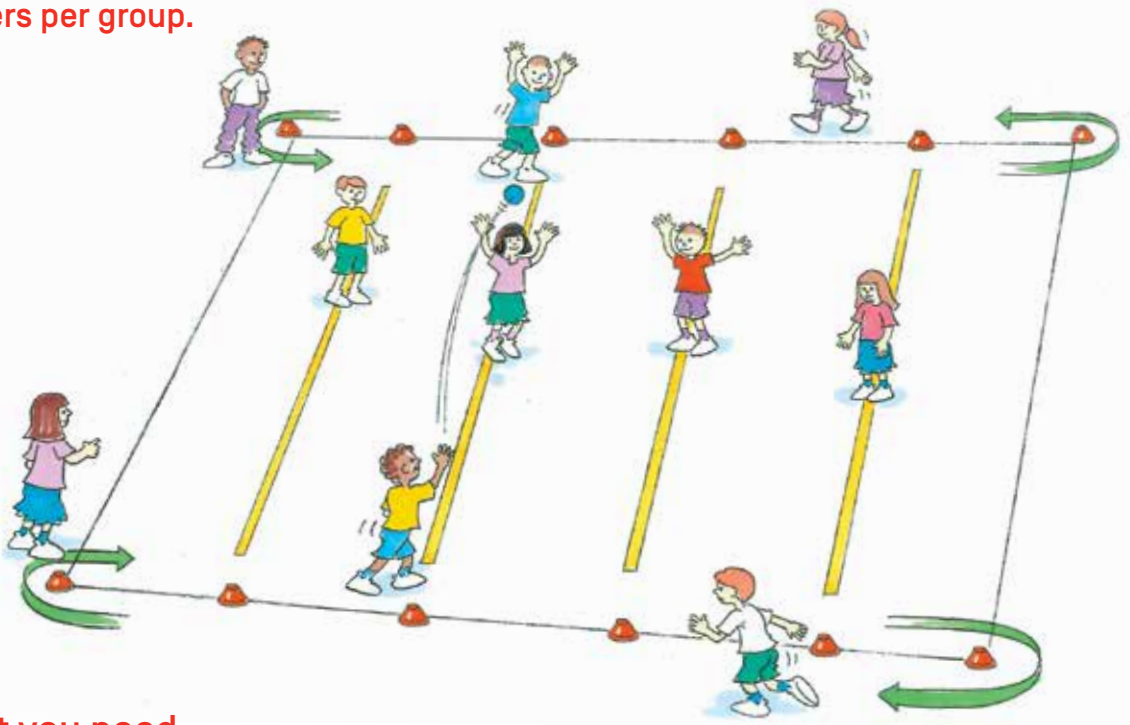




Pass and run

Runners run in parallel down opposite sides of the court passing the ball to each other. Interceptors try to intercept the ball but are restricted in their movements. Interceptors can only run up and down their designated line as shown. 8 or more players per group.



What you need

- > Indoor or outdoor playing area (e.g. basketball court divided as shown)
- > One ball per pair (volleyball size)
- > 8 markers to designate interceptors' narrow zones
- > **Harder variation** – optional: hockey or softcrosse sticks [2-4]; soccer or rugby balls

Scoring

- > Runners – one point if they reach the end without an interception.
- > Interceptors – one point if they intercept a ball.

What to do

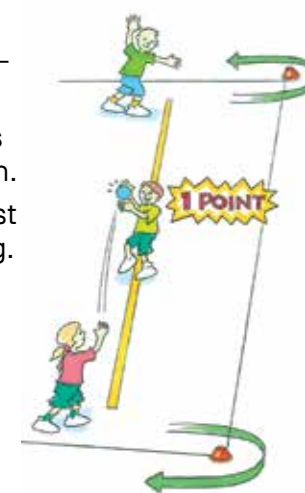
- > Start - arrange players as shown. Runners start...
- > Play for a set period (e.g. 2 minutes) or a set number of points (e.g. 8) before rotating roles.

Runners (attackers)

- > Runners pass, catch and run with the ball as they try to get to the other end of the court.
- > Runners then jog around the outside of the court back to the start. Start the second pair of runners as the first pair approaches the end of the court.

Interceptors (defenders)

- > Try to intercept the ball – no contact or tagging.
- > Can only move sideways along their line as shown.
- > Return ball to the nearest runner after intercepting.



LEARNING INTENTION

Pass and run combines passing, catching and running with a need to evade defenders and find a small space. Defenders are required to 'read the play' and anticipate the runners' throws.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION

CONFIDENCE COLLABORATION

STRATEGY AND PLANNING PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43

ACPMPO45

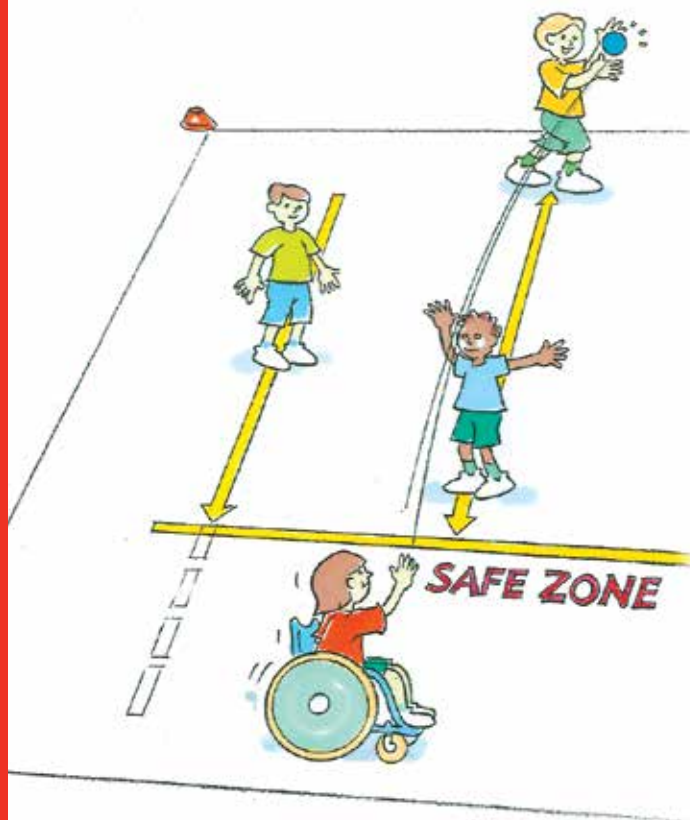
ACPMPO61

ACPMPO63

change it...

Coaching

- > Ask the players for ideas to promote inclusion (e.g. use 2 runners on one side, or provide a 'safe zone' for a runner as shown).
- > Highlight groups that succeed as a pair or interceptor and discuss why.
- > Discuss and trial new strategies to help players achieve their goal.



Game rules

- > **More defenders along each line** – start with 2 defenders; allow intercepting only. Add tagging later.
- > **Interceptors** – allow both intercepting and tagging.
- > **Restrict the time in possession** – try 'hot potato' (immediate release) or 3 seconds.
- > **Allow tagging** – as well as intercepting the ball, the interceptor can tag a runner to earn a point.
- > **Restrict passing** – backwards only.

Equipment

- > Use different balls – vary size, shape and hardness according to player ability.
- > **Use equipment** to send the ball (e.g. hockey or softcrosse sticks, and an appropriate ball).
- > **Kicking** – the ball may be dribbled and kicked instead of thrown.

ALTERNATIVES



Pass and run

Playing area

- > Experiment with the distance between interceptors' lines.

Safety

- > If a hockey stick is used to send the ball, it should not be raised above waist height.
- > For the kicking version, start with a soft/slow ball.

Ask the players

- > What can you say to yourself to keep positive if you are struggling to achieve goals?

Runners (attackers)

- > If you don't have the ball, how can you help your partner?
- > Is it better to pass to your team-mate when you are close to the defender or further away?
- > If you can't pass a high ball to your team-mate, what other passes could you use?

Interceptors (defenders)

- > Where is the best place to stand to intercept the ball?