



Australian Government
Australian Sports Commission

udai
'u-dai'



SCHOOL
YEARS
4-6

SCHOOL
YEARS
7-9

Background

Children in parts of the Torres Strait were observed in the 1890s playing a ball-catching game in the water called *udai* (*wadai*) or *doamadiai*.

Language

A *wadai* is a red bean of the *Mucuna* and a *doamadiai* is a hard fruit.

Short description

This is a throwing-and-catching game in water, where two players compete for possession of a ball.

Players

- Boys and girls play this game in pairs. Groups have a boy and a girl against each with the girls on one team and the boys on the other.

Playing area

- A swimming pool, lake or the ocean

Equipment

- A tennis ball (as the *udai* or *damadiai*)

Game play and basic rules

- The players stand in waist-deep or slightly deeper water (pool or ocean). Each group is 10–15 metres apart. A boy throws the *udai* (ball) to another boy, while the girl near him attempts to intercept it. If the girl catches the ball she throws it to the girl being guarded by the other boy.
- The boy tries to intercept this pass. Play continues in this manner.
- Physical contact is restricted.

Variations

- Have a girl and boy as partners. The girl is guarded by a girl, and the boy by another boy.
- Play with same gender in groups of two to four in each team.

Suggestion

Although this game is particularly suitable for younger students it can be successfully played by most age groups.

Teaching points

- Next to each other. Groups facing.
- Go. Throw and catch.
- Watch the contact.
- Time your throw. Move to catch.