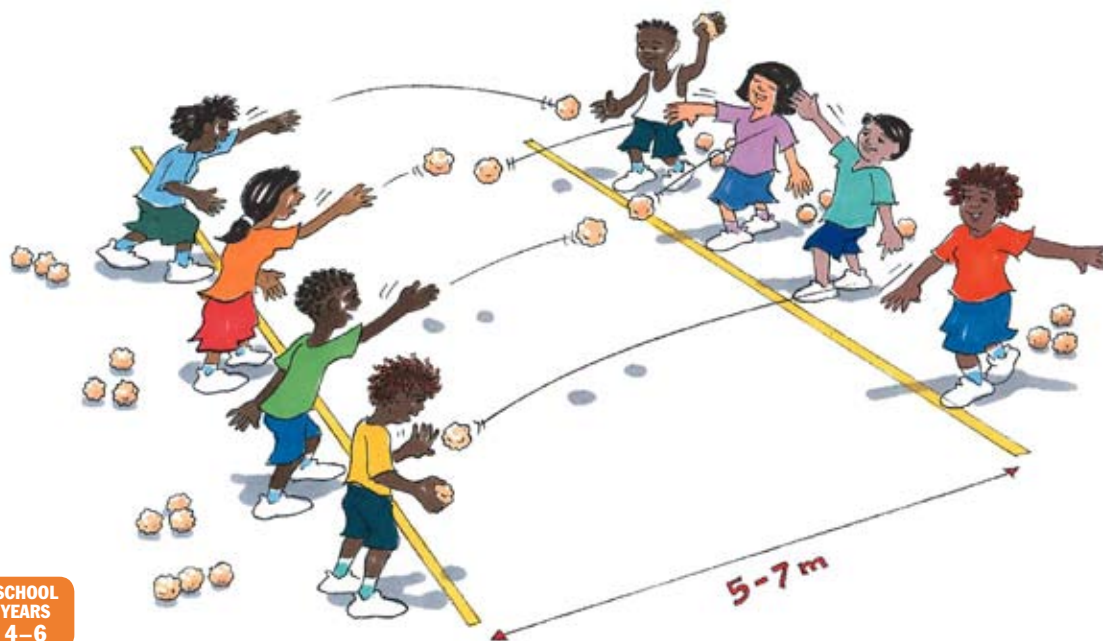




Australian Government  
Australian Sports Commission

# yeeboo ngandoonyoo

'yee-boo nan-doon-yoo'



SCHOOL  
YEARS  
K-3

SCHOOL  
YEARS  
4-6

## Background

In most parts of Australia young boys played fighting games or mock combat games for enjoyment and as a practice for adult life. In one part of Australia the boys would rise early in the morning to practise their self-taught skills of spear throwing.

The little boys also indulged in imitating the skills of fighting as practised by their elders. The miniature weapons they used were either manufactured for them by their older male relatives and friends, or else made themselves. These included boomerangs, throwing sticks, spears, knives and axes.

## Language

Yeeboo *ngandoonyoo* means 'just for fun' in the language of the people of the Broome district of Western Australia.

## Short description

A throwing-and-evading game where players attempt to hit each other with sponge balls.

## Players

- Two lines of about eight to 12 players facing each other 5–12 metres apart, depending on the age of the players

## Playing area

- A designated indoor or outdoor area suitable for the activity

## Equipment

- Sponge balls or some other type of soft balls

## Game play and basic rules

- Players spread out in two lines and face each other. Each player has up to five balls.

- On a signal to start the players throw their sponge balls to attempt to hit a player in the opposing line. Players try to avoid being hit on the body.
- The balls are thrown very quickly and may be warded off by the hands, which act as shields. Players cannot go in front of the throwing line to retrieve balls. An extra supply of balls may be positioned behind each group.
- Play is continuous but may be stopped from time to time to allow players to retrieve sponge balls.

### Variations

- After a few throws a signal is given and the players of both teams run towards each other — but not over a half-way line — and attempt to hit opposing players (until all the balls are thrown).
- Players stand about 3–5 metres apart and use under-arm throws of fleece or sponge balls to try to hit each other.
- Use plastic cups of water to hit an opponent. Players stand at least 3–5 metres apart.
- Use sponge balls dipped in water. Underarm throws only are allowed and from no closer than 5–7 metres.

### Teaching points

- Spread out. Five balls each.
- Ready.
- Dodge and move.
- Throw and hit.
- Stop. Collect the balls.