

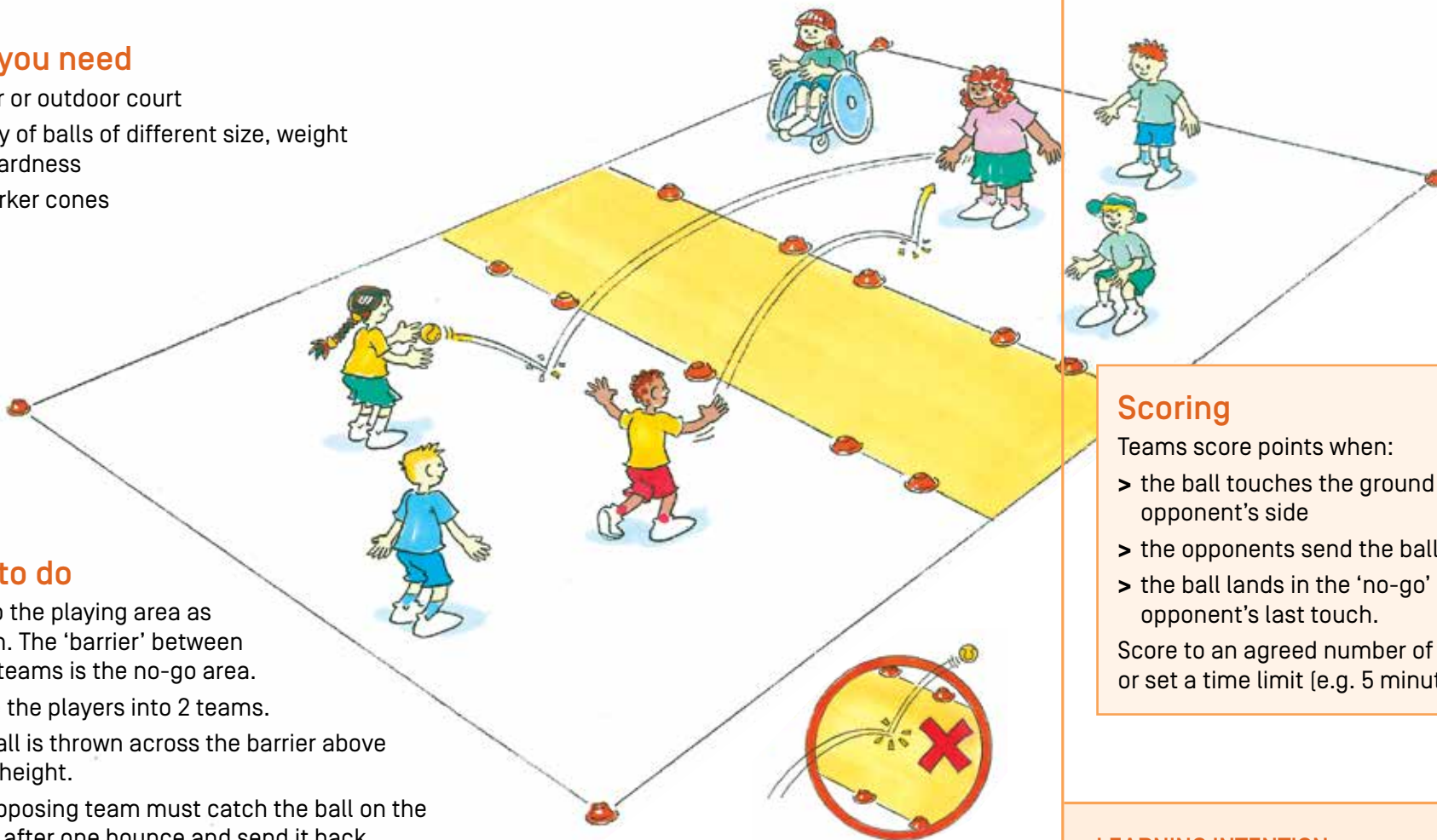


# No-go

Players are divided into 2 teams separated by a 'no-go' barrier. The ball is thrown across the barrier. The opposing team must catch the ball and send it back.

## What you need

- > Indoor or outdoor court
- > Variety of balls of different size, weight and hardness
- > 14 marker cones



## What to do

- > Set up the playing area as shown. The 'barrier' between the 2 teams is the no-go area.
- > Divide the players into 2 teams.
- > The ball is thrown across the barrier above waist height.
- > The opposing team must catch the ball on the full or after one bounce and send it back.
- > Players must catch and throw in one movement.

## Scoring

Teams score points when:

- > the ball touches the ground twice on the opponent's side
- > the opponents send the ball out of court
- > the ball lands in the 'no-go' area from an opponent's last touch.

Score to an agreed number of points (e.g. 10) or set a time limit (e.g. 5 minutes).

## LEARNING INTENTION

Use *No-go* is an inclusive activity which develops throwing and catching skills, spatial awareness and ball placement.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION

COLLABORATION

STRATEGY AND PLANNING  
PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO25  
ACPMPO29  
ACPMPO43  
ACPMPO45

## Coaching

- > Ask the players to agree to rules that ensure everyone is included and has a role in the game.
- > Players should visually track the ball as early as possible.
- > Players try different formations to cover their side of the court.

## Game rules

- > Remove the 'one bounce allowed' rule – as players' reactions improve.
- > Identify specific target areas where points are scored, or count double.
- > Introduce a '3 pass and over' rule where each team has 3 touches before they pass the ball across the barrier.

## Equipment

- > **Easier** – use slower balls, e.g beach balls or even large balloons.
- > **Harder** – use smaller/faster balls.

## Environment

- > **Vary the size of the court according to the number and ability of players** – a small court makes it easier to get to a ball but needs more player communication.
- > **Change the size of the 'no-go' area** – a larger 'no-go' area makes it harder, a smaller 'no-go' area requires greater accuracy.



## Safety

- > Make sure players are aware of the capabilities of others in the group.
- > Encourage players to call 'mine!' when taking a catch.
- > Ensure sufficient space between courts.



## Ask the players

### Catchers

- > What can we do to ensure the whole court is covered?

### Throwers

- > How do you throw the ball to ensure a long rally [cooperative play]?
- > How can you use passing to your team-mates to help you score?