SPORTAUS

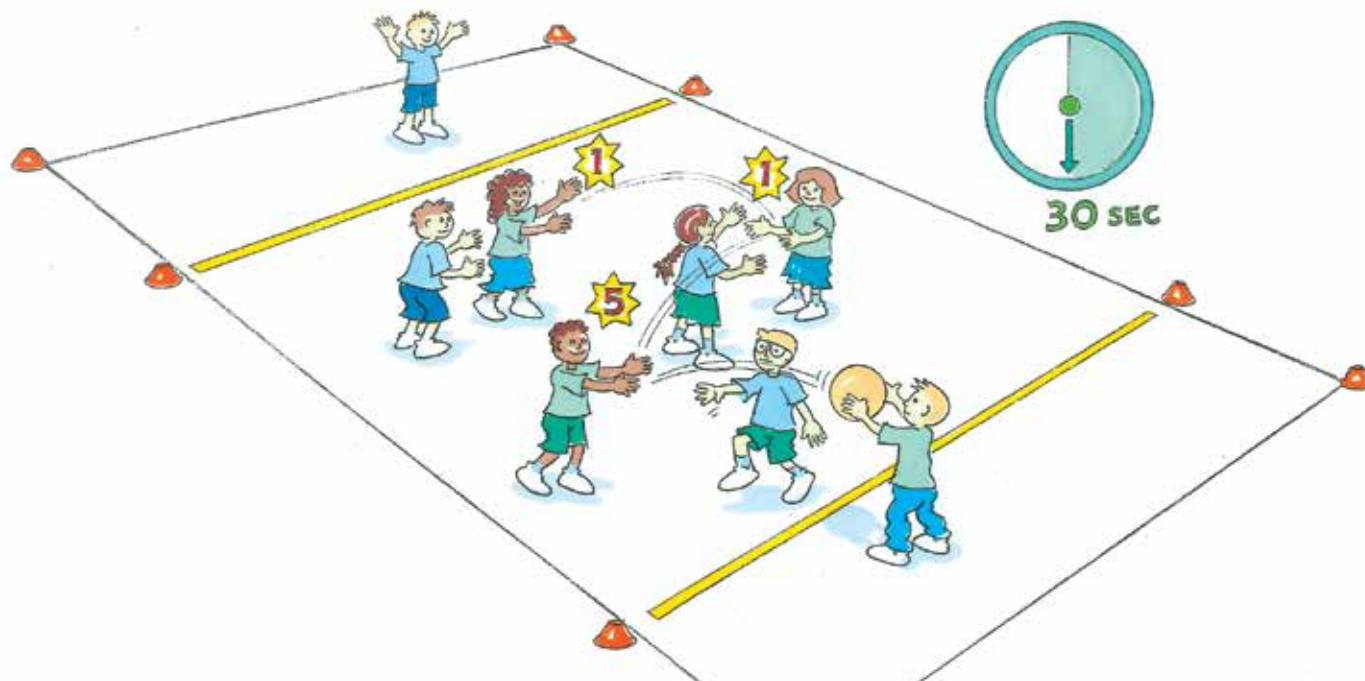| F-2 | 3-4 | 5-6 | SKILL DEVELOPMENT | GAME CONCEPTS |

5-point player

Attackers score points by passing to each other for 30 seconds. For bonus points the ball is passed to a team-mate in one of the 2 end-zones. Defenders try to intercept the ball. The game is readily adapted to a wide range of ability levels.

30 SEC

Defenders

> Must stand 1m from attackers; no body contact.

> No restriction on the number of defenders in the end zone.

> If the defenders intercept the ball it is placed on the ground for an attacker to resume play. Play continues for attackers until 30 seconds elapses, then the ball changes over.

Scoring

> One point for each successful pass in the large playing area.

> An additional 5 points for successful passes to the end-zone.

> If the ball is intercepted or deflected, 3 points are deducted.

> Maintain a running total for each side.

What you need

> Volleyball/netball court or similar area with end-zones marked

> One ball per group (volleyball size)

> Markers to mark playing area/end-zones

> **Option** – bib or cap as ID for roving 5-point player

> Stopwatch

What to do

Attackers

> Have 30 seconds to score as many points as possible.

> **End-zone** – one attacking player only, all team members have a turn.

> **Option** – the player passing the final ball has a turn in the end-zone.

PHYSICAL LITERACY ELEMENTS

SELF-REGULATION (EMOTIONS)

AGILITY

COLLABORATION

ETHICS

STRATEGY AND PLANNING

AC:HPE CONTENT DESCRIPTIONS

LEARNING INTENTION

5-point player is a fast inclusive passing game. This game develops key defending concepts such as anticipation and spatial awareness.

ACPMP043
ACPMP045
ACPMP061
ACPMP063

5-point player

Coaching

> 'Freeze-frame' games (i.e. stop the play at key moments) to highlight good examples and question students on attack and defence.

Game rules

> Remove the end-zone, but still have a roving 5-point player. Provide some ID (e.g. bib or cap).

> **5 v 5** – remove the end-zones and have 2 players who are 'scoring players'. Points are only gained (e.g. 5 points) when one of these players receives the ball.

> Limit the number of defenders in the end-zone (e.g. only one at any given time).

> **Vary the passing method** – bounce pass only, roll the ball, kick the ball.

> Vary the time attackers have to score according to their ability level.

> The end-zone can be effectively used for a player with limited mobility (attackers or defenders).
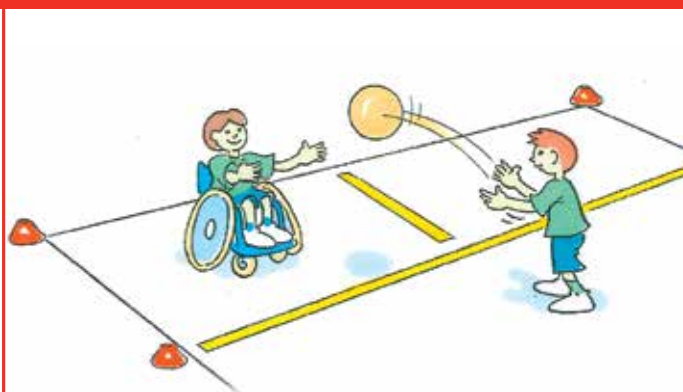
Equipment

> **Use different balls** – vary size, shape, colour contrast and hardness depending on the ability of the players.

Playing area

> Change the size of the end-zone. A bigger end-zone with fewer defenders permitted in it allows more 5-point scores.

> Change the dimensions of the playing area according to players' ability.

Safety

> Ensure a smooth playing area surface with adequate space between players and other games.

> Enforce the 'no contact' rule.

> The ball cannot be taken from another player's possession.

NO CONTACT   NO STEALING

Ask the players

> If you intercepted the ball or lost the ball for your team, how did you feel?

> How can you include all team members in the game?

Attackers (runners with the ball)

> How can you score the most points?

> How can you work as a group to make it harder for your opponents to defend?

Defenders (players without the ball)

> How can you work together to make scoring difficult?

> Is it better to play one-on-one or to cover zones or various spaces on the court?