



Defenders on the line

2 teams of 4 – the playing area has a score line at each end. The team with the ball aims to pass or dribble the ball (basketball style) over their opponents' scoreline. Teams are allowed 3 minutes possession.

What you need

- > Indoor or outdoor playing area (netball or basketball size – this can vary with the size and skill of the players)
- > Medium-sized ball
- > 4 bibs or alternative to distinguish players
- > Harder variation – hockey or softcrosse sticks; soccer balls or footballs

Note: No contact between players (except for tagging). Ball cannot be taken out of the hands of a player.

What to do

- > Form 2 teams of 4 (see *Form a group* for forming teams).

Team with the ball

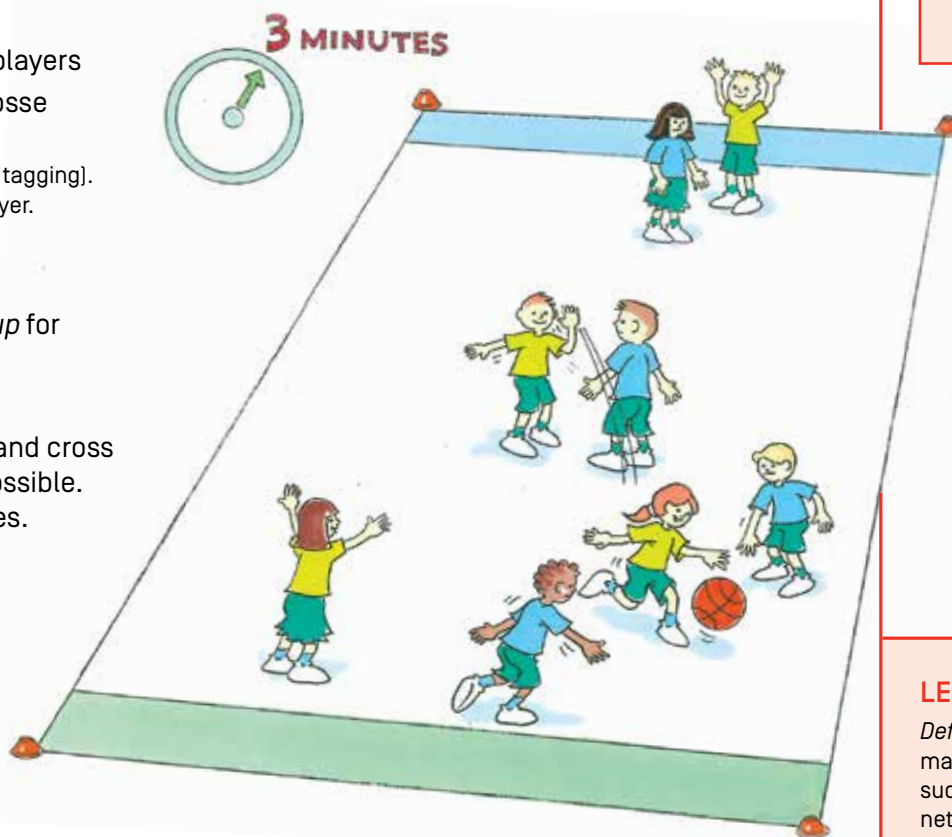
- > Maintain possession for 3 minutes and cross their scoreline as many times as possible. After 3 minutes, possession changes. Vary the time to suit the group.
- > After scoring, the ball is thrown from the goal-line to a teammate. Defenders must stay back 3 metres until the ball is in play.

Team without the ball

- > Try to intercept the ball or tag a player with the ball.

Ball out-of-court

- > Possession is maintained but the ball is taken from the sideline.



Scoring

- > Players in possession catch and run or dribble the ball across their own scoreline – score 2 points.
- > Score as many points as possible in 3 minutes.
- > Defenders (team without the ball) can tag attackers and receive one point – but attackers keep the ball for their 3 minutes.

Variations

- > Divide the court into 2 – allow a maximum of 3 players per team in each half.
- > 3 hoops for the scoring zone – the ball must be bounced or placed in one of the hoops.
- > Players must take turns to score.

LEARNING INTENTION

Defenders on the line links to activities requiring defending, marking and teamwork. It can lead on to invasion games such as basketball, football codes, handball, hockey, netball, softcrosse/lacrosse, touch.

change it...

Defenders on the line

Coaching

- > Ask the players for ideas to promote inclusion.
- > If players become fatigued, use rest times between games to discuss options.

Game rules

> 3 hoops scoring zone.

Ask the players – How can you maintain quick scoring with the smaller targets?



- > **Everyone scores** – players take it in turn to score. Ask the players – How can you work as a team to enable each player to score in a set order?
- > **Change the team size** – try different combinations: 3 v 4, 4 v 5 etc. [This can be a good way to promote inclusion.]
- > **Dribble with feet** – using this as an indoor option helps to contain the ball.

Equipment

- > **Use different balls** – vary size, shape and hardness.

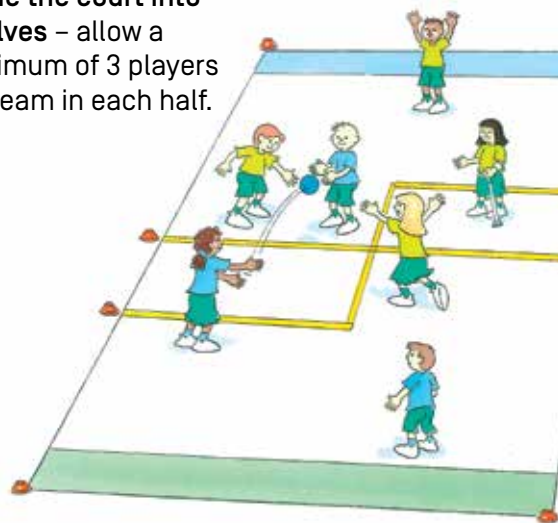
ALTERNATIVES



- > **Use equipment to send the ball** – try hockey sticks or softcrosse sticks and an appropriate ball.
- > **Kicking** – the ball may be kicked instead of thrown.

Playing area

- > Promote inclusion by creating 'exclusion zones' where only designated players are allowed.
- > Experiment with different-sized playing areas.
- > **Divide the court into 2 halves** – allow a maximum of 3 players per team in each half.



Safety

- > Ensure adequate space for the number of players. If a kicking version is played, there should be enough space between designated playing areas.
- > If a hockey stick is used, it should not be raised above waist height.
- > For the kicking version, start with a soft/slow ball.
- > No physical contact except for tagging – between knees and shoulders only.
- > Players should have done space/player awareness activities before playing. See All in tag and Look out for others!



Ask the players

Attackers [team with ball]

- > Is it better to dribble or pass the ball to score quickly?
- > When is it worth risking the long pass?
- > Where can you position yourself in relation to the ball carrier and your team-mates so that you can assist?

Defenders [team without the ball]

- > Is it better to go for the intercept or protect the scoring zone?
- > How can you work together to stop a pass from getting through?
- > Is it better to pressure the thrower or the receiver? Why?