

F-2

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SKILL DEVELOPMENT

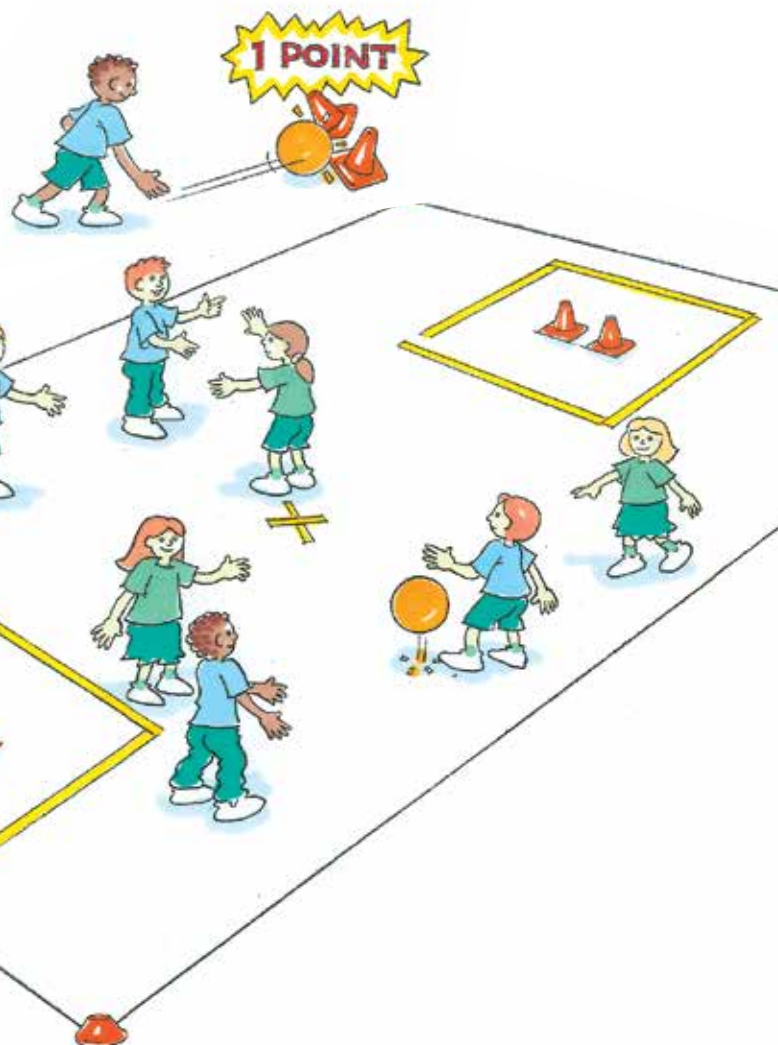
GAME CONCEPTS

Defend the zone

Runners start in the middle, move to one end and try to hit a target. After 4 steps they must either bounce the ball or pass it. Interceptors must prevent the ball from hitting the target. Teams of 3 or more.

What you need

- > Target – large cone or cricket wicket or alternative
- > One ball per pair (volleyball size)
- > Markers or tape to mark 'no go' zones
- > Suitable indoor or outdoor playing area (basketball court size)



What to do

The game starts in the middle of the court – 4 v 4.

Runners (attack)

- > Players are not permitted to enter the 'no-go' zone.
- > Players must pass if tagged.

Interceptors (defence)

- > Must prevent the ball from hitting the target.
- > If the interceptors gain possession of the ball, they become runners and pass towards their cone.

Scoring

- > **Runners** – one point for reaching and hitting their target.
- > **Interceptors** – one point if they intercept a ball.

LEARNING INTENTION

Defend the zone combines passing, catching, running and bouncing with the need to evade defenders 'interceptors' and hit a target. Interceptors have to 'read the play' and anticipate the runners' throws.

PHYSICAL LITERACY ELEMENTS

MOVING WITH EQUIPMENT
OBJECT MANIPULATION

SELF-REGULATION (PHYSICAL)
AGILITY

COLLABORATION
STRATEGY AND PLANNING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43

ACPMPO45

ACPMPO61

ACPMPO63

change it...

Coaching

- > 'Freeze-frame' games (i.e. stop the play at key moments) to highlight good examples of attack and defence. But use the 'freeze-frame' sparingly and let the kids play!

Rules and roles

- > Vary the number of steps allowed by the runner.
- > Change the method of travelling with the ball (e.g. hop or jump).
- > Try uneven teams (e.g. 4 v 3 or 4 v 2).
- > **Easier for runners** – interceptors must stay 1m or more from runners.

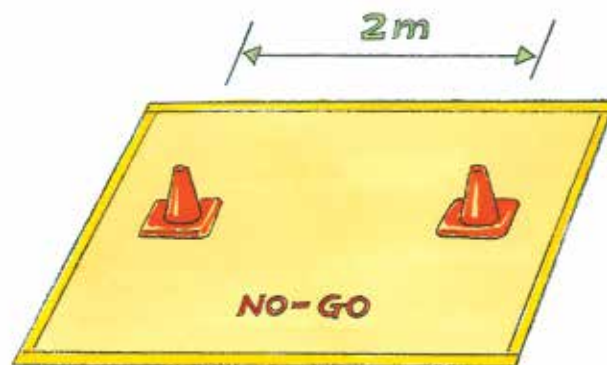
Equipment

- > **Use different balls:** vary size, shape and hardness depending on the ability of the players.



Playing area

- > Separate cones – use 2 cones, 2 metres apart.
- > Change the dimensions of the playing area to make it easier or harder.



Safety

- > Ensure a smooth playing area with adequate space between groups.
- > No contact between players.
- > The ball cannot be taken from another player's possession.



Ask the players

What strategies can you use individually and as a team, to help you keep running?

Runners with the ball (attackers)

- > If you don't have the ball, how can you help your partner?
- > Is it better to pass to your team-mate when you are close to the defender or further away?

Interceptors (players without the ball)

- > Where will you move to defend the cone?
- > How can you put pressure on the person with the ball?