



Australian Government
Australian Sports Commission

EASY MED HARD



Find the goal line

2 teams of 6. The team with the ball passes it among team-mates aiming to get it over their goal line. All team-mates must touch the ball at least once before the team scores. Running with the ball is not permitted.

What you need

- > 4 cones to mark goals
- > Bibs or alternative to distinguish between players
- > 1 medium-sized ball



What to do

- > Players are distributed as shown. One player from each team should be within stepping distance of their goal line.

Team with the ball

- > Bibbed team starts with the ball.
- > Pass the ball from player to player *without running*.

Team without the ball (interceptors)

- > Interceptors may run.
- > Try to intercept the ball without making body contact.

Scoring

- > 1 point when the ball is placed over the team's goal line
- > Use intercepts to change possession. Alternatively, intercepts can be used to change possession *and* score a point.

LESSON LINK

Find the goal line links to activities requiring throwing, catching and intercepting. It is an introductory invasion game without any body contact. A useful lead-in to games like basketball, netball and football codes.

SESSION PLANS

Combo > Start out WC 10c + Start out INV 05 + Get into it INV 09
Mixed combo > Start out WC 10c + Get into it SF 08 + Get into it INV 09

Find the goal line

Skills > Throwing/catching basics · Space & player awareness · Intercepting/defending · Invasion lead-in without body contact

change it...

Coaching

- > Because players don't run with the ball, the activity accommodates a wide range of ability levels;
- > Use an 'interceptor-free' zone.
- > With the *intercept option*, ask the players for ideas to promote inclusion.
- > Highlight good examples of throwing and catching. Ask the group why they think the pair has been chosen as a role model.



Game rules

- > **Smaller game** – 2 v 2 or 3 v 3. Use uneven combinations, e.g. 2 v 3, to even up play where necessary, or to experiment. How does this impact on the amount of ball contact?
- > **Time limit on ball contact** – e.g. 'hot potato' or 3 seconds before throwing the ball.
- > **Passing** – restrict type of pass or allow a variety of passes.
- > **Goal line** – allow the player near the goal line to run the full width of the goal line. Establish a *goal zone* and restrict the area to the goal scorer.

Equipment

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

ALTERNATIVES



Playing area

- > Bigger or smaller
- > Different widths for goal
- > Different goals: e.g. plastic bucket, netball goal ring

Safety

- > Ensure adequate space for number of players.
- > No contact between players.
- > Ball cannot be taken out of the hands of a player.
- > Players should have done space/player awareness activities before playing (see e.g. Start out WC 03a,b).

ASK THE PLAYERS

Interceptors

- > 'How can you increase your chance of intercepting the ball?'
- > 'Would you prefer a smaller playing area or a larger one?'

Passers

- > 'How can you make it less likely that your ball will be intercepted?'
- > 'How do you communicate with your team-mates?'
- > 'What are the advantages/disadvantages of the long throw?' (Remember – everyone has to touch once before scoring.)