

Net-Less Ball

How to play this game:

Divide the children into two teams. Give one team sashes to wear. Mark out a playing area or use existing playground markings, one third of a netball court is ideal. One team member, the 'catcher', stands on the short side of the rectangular playing area.

A team has to try and get the ball to their catcher. A point is scored every time the ball is caught safely by the catcher. To start the game, give the ball to one team member. You can decide whether the children are allowed to dribble with the ball, as they would in basketball, or whether they must stand still when they have the ball, as in netball.

Adaptations

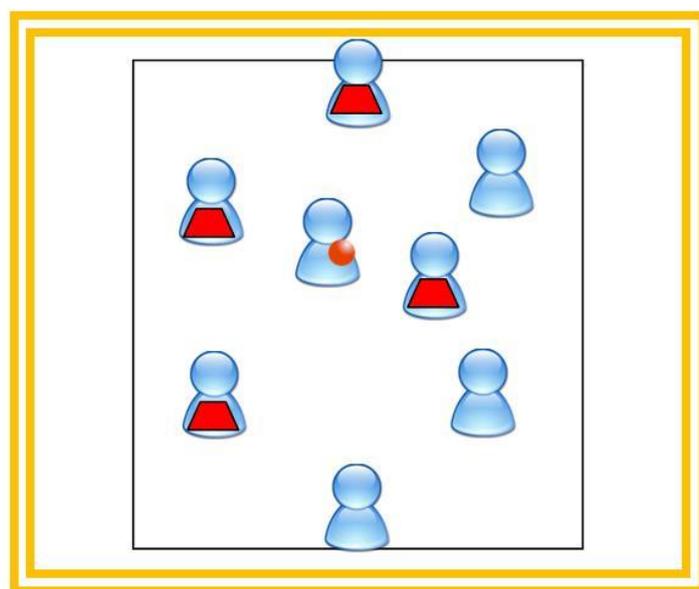
An alternative to this game is to use a skittle instead of a catcher. A point is scored every time the skittle is hit with the ball and knocked over.

Place a bench at both ends and the catcher stands on the bench.

Place a semi-circle in front of the bench (or if you have the catcher moving along the line, another line in-front of them). This is an exclusion zone and no other player is allowed in this area.

Have a line further back which acts as a 3 point line. Any player throwing it to the catcher from behind these lines scores three points if the catcher manages to hold onto it.

If you have a large number of children stand them all to the side of the court and number them. The adult/leader shouts out six or seven numbers at random and these players enter the court. Every few minutes the adult/leaders shouts out a different set of numbers, those called come onto pitch and those not called leave the playing area.



Learning Objectives

- Co-ordination
- Throwing skills
- Can be used as a fun warm-up or cool-down

Resources

- Activity area
- Bibs/sashes
- Ball