

SKILL GAMES



The recommended level for each game is designated by the following codes placed next to the name of each game:

(EP):	Early Primary	Motor coordination stage	Ages 5 to 8 years
(MP):	Middle Primary	Basic Skill Stage	Ages 9 to 10 years
(AP):	Late Primary	Advanced, extension and game skill stages	Age 11 onwards

Note that many of these games can be modified to make them suitable for levels other than those for which they have been recommended.

For example:

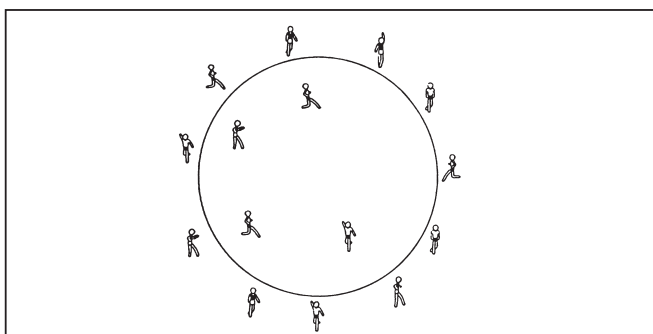
- Substituting tossing for handball
- Modifying the degree of opposition
- Using round balls instead of oval balls

1 Circle Dodge Ball (EP/MP)

Skills: Tossing, Handball, Catching

Description:

Circle seven metre diameter (approx). Players outside circle handball at those inside. Each player "hit" is out. Teams exchange positions when all players are out. After the ball hits a player or leaves the court, the ball is "dead" and may be picked up. Score a point for every opponent hit. Team that scores most points in a given period or reaches a certain score first wins.



Variations:

- If ball is caught, player remains in game
- Balls may be used by attackers
- If a player catches a ball, he can bring back a player who has been hit
- Player hit by opposing team remains in game

2 Simple Tag Ball (MP)

Skills: Tossing or Handball

Description:

One half of a basketball court. One player is selected as "IT". Other players have a ball which is passed between them until a player, with ball in possession, is close enough to tag "IT" with the ball. Player who tags, drops the ball, and becomes new "IT". Use handball or toss.

Variation:

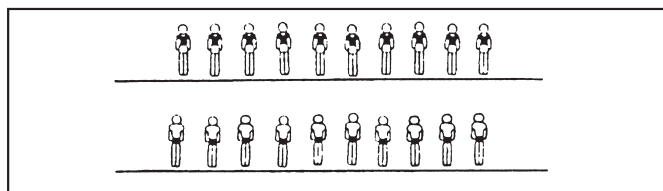
Players carrying ball may only travel 3 steps before the ball is passed.

3 Astride Ball (EP/MP)

Skills: Stopping, Picking Up

Description:

2 teams line up and face each other from about 2 metres in distance. Each player has feet astride, touching the player's feet next to him. The object is to force the ball through an opponent's legs to score one point. The ball must be thrown underarm with two hands, between the legs. Feet cannot be moved. The ball may be blocked by the hands. The ball may only be held for five seconds. Team scoring most points in a set time, or the first to a certain score wins.



Variation:

- Ball may be handballed only
- Circle formation

Skill games continued...

4 Frozen Ball (EP/MP)

Skill: Catching

Description:

Half or full basketball size court. A passing and catching game for 10-15 players in which the object is to lose as few "lives" as possible. Game continues until one player has lost three lives. Players are either numbered in sequence or their names are used. Game starts when a player in the centre kicks or throws the ball in the air and calls a number or name.

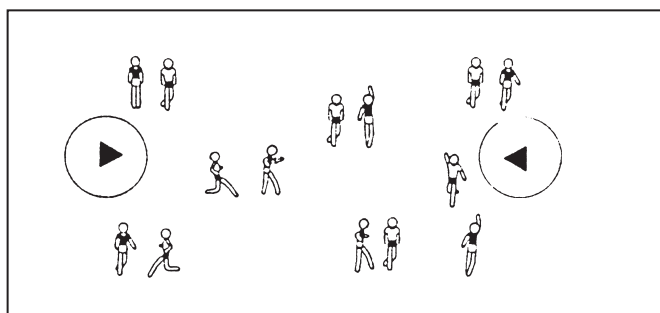
Player named runs to gather ball, remainder scatter. Player holds ball above head and calls "Freeze". All players must stop immediately and stand still. Ball is handpassed at nearest player. A hit means target player loses a life, a miss means thrower loses. The target players may not move their feet, but may attempt to catch the ball. Thrower loses a life if the ball is caught. The player who loses a life restarts play in the centre.

5 Carry On (MP/LP)

Skills: Tossing, Handball, Catching

Description:

The object is to hit the blocks of the opposing team. Players scattered over player area. Game starts when centre player with ball, runs towards opponent's target and, by handpassing the ball, attempts to hit the blocks. Opposition players may tag the ball carrier. Once tagged, ball carrier must stand still and pass the ball to a teammate. Game then continues. If opposing team intercepts the ball, they retain possession and try to hit other team's target. One point is scored when opponent's blocks are hit. Team scoring the greater number of points wins. A ball out of bounds is given to the opponent of the player who last touched it. Contact other than a hand tag is penalised by a free throw at the blocks. After a goal is scored, the ball is brought back into play by the opposing team from behind the end line.

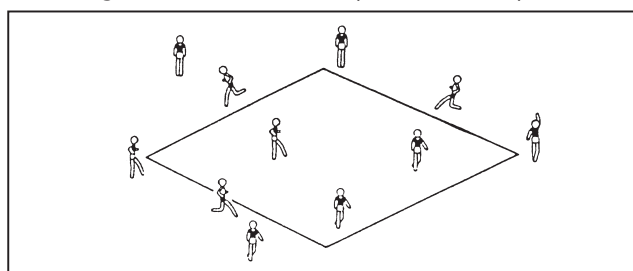


6 Boot Ball (MP/LP)

Skills: Kicking, Marking

Description:

Diamond/Square. Dimensions variable. Two teams – a batting team and a fielding team. Fielders stand anywhere within the playing area. The batting team line up behind home base. The first batter kicks the ball onto the field and runs the bases. The fielding team retrieve the ball and attempt to hit the runner while off the base. The ball may be kicked to another fielder but must be handballed at the runner. When each member of the batting team has had a turn, the teams change over. The team with the greater score wins. One point is scored per home run.



Rules:

"Foul" ball played as in softball; runners may not pass other runners; a runner is out if;

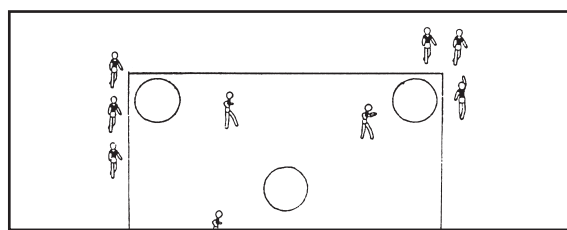
- A fielder catches the ball on the full.
- A runner passes another runner or goes to a base that is already occupied.
- A fielder hits a runner below the waist with the ball while the runner is off the base.
- A fielder with the ball touches the base that a runner is attempting to reach.

7 Bombardment (EP)

Skills: Picking Up

Description:

Area approximate size of basketball court. Players attempt to knock down their opponents' blocks and protect their own blocks. Players positioned in each half of court, may move around freely, but not outside their court. Players are not permitted in the five foot area containing the targets. Game commences with one player rolling the ball at the opposing team's blocks. The winner is the team that first knocks down all the blocks of the other team.



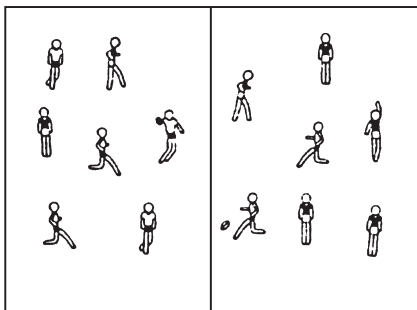
Variation:

- Ball handpassed or kicked

Skill games continued...
8 Scout (MP/LP)
Skills: Handball, Kicking, Marking, Passing
Description:

Players position in opposite halves of the area. One player from each team acts as a scout in the opponent's area. The object is to get the ball into the hands of the scout in the opponent's court.

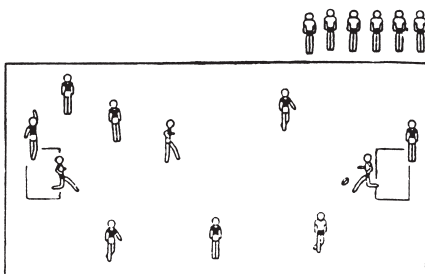
An additional scout, until there are three, is sent into the opponent's court for each successful attempt. Scoring begins when there are three scouts in the opponent's court. Points are scored for passes received by these scouts. Scouts may pass to each other but these do not score. Team that scores most points in a given period or reaches a certain score first wins. No running with the ball.


Variation:

- The ball may be kicked or handpassed.

9 Long Ball One (MP/LP)
Skills: Kicking, Marking
Description:

Basketball court size area. Two teams, one kicking, other fielding. Playing area has a home plate and long base. Fielding team has a catcher, long base man, and fielders. Kicker kicks ball, runs to long base and attempts to return to home base. The kicker may remain at long base if it is unsafe to return. Any number of players may be on long base at the same time. A player on long base may only run when the ball has been kicked. One point per return run is scored.

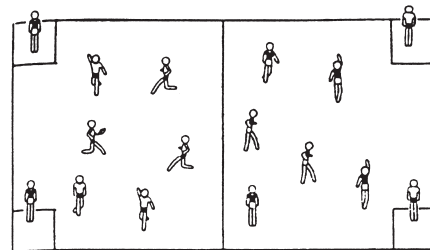

Rules:

A runner may not "steal" home. A kicker is out if he;

- Kicks a ball that is caught.
- Is tagged off base by a fielder with a ball.
- Steals a run to home base.
- Reaches long base after the ball is received by the long base man.

10 Corner Ball (MP/LP)
Skills: Hitting Out, Handball, Passing
Description:

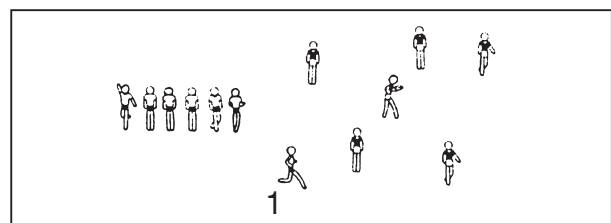
Basketball size court. Eight-15 players each team. Two players from each team in corner boxes. The object is pass the ball to the corner men who attempt to catch it. All players rotate through corner boxes in turn. Game is started with a toss up at the centre between two opposing players. On gaining possession, a team passes the ball so that their corner men catch it. When the ball goes out of bounds the nearest player passes it back into play.


Variation:

- Ball may be handpassed or kicked.

11 Passing Versus Sprinting (EP/MP)
Skills: Handball, Passing
Description:

Running team form a straight line. Passing team form a circle around their leader. Number 1 from the running team runs around the circle formed by the passing team. Each member of the running team completes this circuit while the passing team count how many passes of the ball the captain can make to the members of the team. When the running team has completed the running circuit, they call 'STOP'. Teams change places. The team with the greater number of passes is the winner.


Variation:

- Pass can be either a handball or a kick.

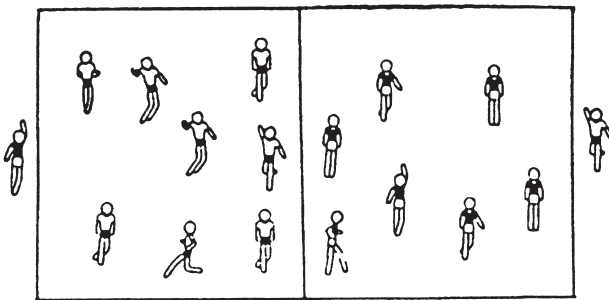
Skill games continued...

12 Two Court Dodge Ball (EP/MP)

Skills: Handball, Passing

Description:

Two teams, six-10 members, scattered on court, as per diagram. Start with one player (thrower) behind each backline. The object is to be the last team out of the game. One team is selected to have first throw. Play commences when ball is thrown at an opponent (below the knee), in the opposite court. If hit, he goes to the opposite backline and becomes a thrower only. Hits are made from in front and behind the teams. Teams alternate in turns at throwing the ball. The winner is the team to be "hit" out.



Rules:

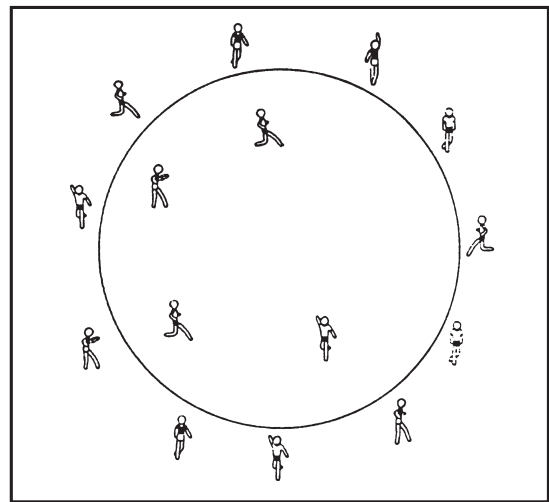
- The ball is "dead" once a player is hit or if it is caught on the full, or goes over the side line.
- To score a "hit", the ball must be thrown either by a "thrower only" behind the backline, or members of the teams still in, from within their own court.
- Or the "thrower only" to have a valid throw, they must receive a pass on the full from one of their teammates inside their court.
- Passes may be intercepted by the opponents.
- A "hit" can be cancelled if a player can gather the ball cleanly, not necessarily on the full.

13 Tom Tiddler (EP/MP)

Skills: Picking Up

Description:

A five metre diameter circle containing 10-20 footballs. Approximately 1/5th of the players are placed inside the circle. The remaining players patrol outside. The "robber's" must attempt to steal the footballs from inside the circle. The guards attempt to protect the balls and tag as many "robbers" as possible. Any "robbers" caught remain and help inside circle.

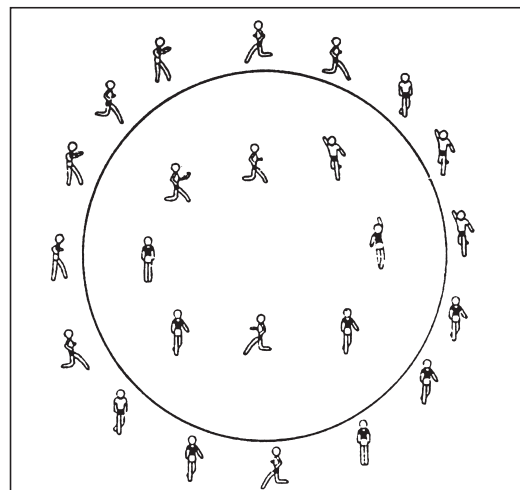


14 Empty The Circle (EP/MP)

Skills: Kicking, Marking

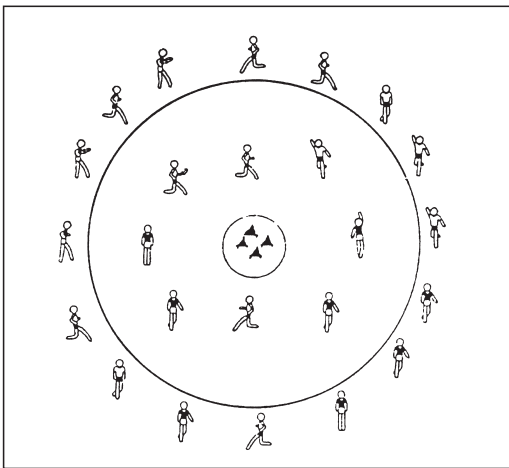
Description:

A 5m diameter circle containing 10-20 footballs. Approximately 1/5th of the players are placed inside the circle. The remaining players patrol outside. Players inside the circle must pick up balls and kick them out as fast as possible. Players outside attempt to retrieve the balls as quickly as possible. The game finishes when all balls are out of the circle at the one time.



Skill games continued...
15 Circle Bombardment (EP/MP)
Skills: Stopping, Handball, Catching
Description:

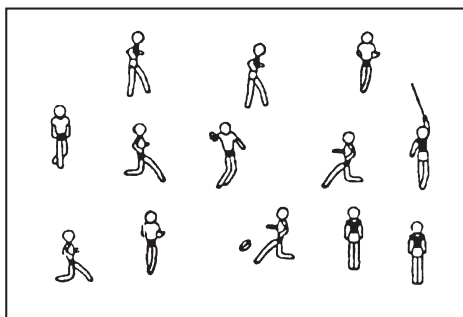
A 10-20m circle or square with any suitable object as a target placed in the centre. Two equal teams. One team defends from within the circle, the other team attempts to hit target. Points are scored if handball hits target but lost if caught by a defender. The defenders may stop the ball any way but must roll it back outside the circle. The teams swap over, winner is the team with the highest score.


Variation:

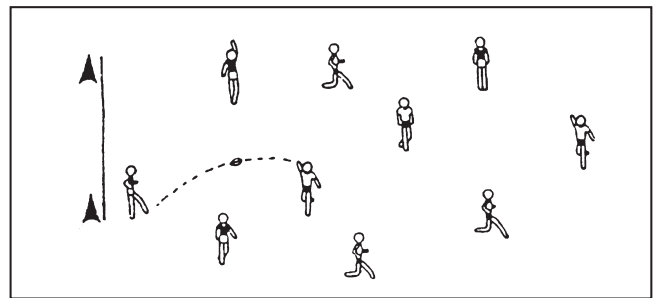
- Kick instead of handball

16 Wicked Witch (EP)
Skills: All Skills
Description:

A 10-15m square. All players have a ball. Coach as wicked witch holds a stick up as a wand. On his command the players carry out nominated skill such as bouncing the ball while running. Commands are carried out until the wand drops, usually after two or three commands, and players are chased by the witch towards a safe area (boundaries). Anyone caught becomes a helper.


17 Continuous Cricket (MP/LP)
Skills: Kicking, Marking
Description:

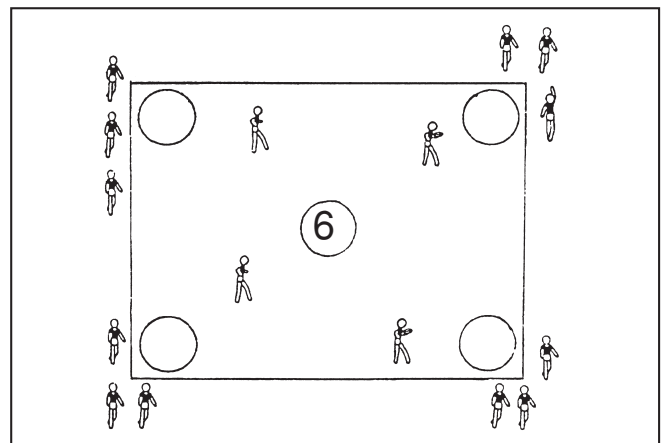
Two equal teams, one batting, one fielding. Batsman hits or kicks ball away and runs to marker and back to score a run. Fielders must quickly return footy to bowler as he may bowl immediately, whether batsman is ready or not. Batsman may be caught, bowled or run out. Ball can be rolled or thrown. Change over when the whole team is out. The team with the most runs wins.


Alternative:

Fielders may be required to return ball by running and bouncing it or kicking it.

18 Ball Scramble (EP)
Skills: Picking Up
Description:

One third basketball court size area. Four teams, one in each corner. Five hoops, one per corner and one in centre. Six footballs placed in centre hoop. One player from each team runs to collect and place footballs in their team's hoop. Only one football can be carried at a time and may be taken from centre or other team's hoops. Winning team has the most balls in their hoop at the finish.


Alternative:

Players bounce footballs back to hoop.

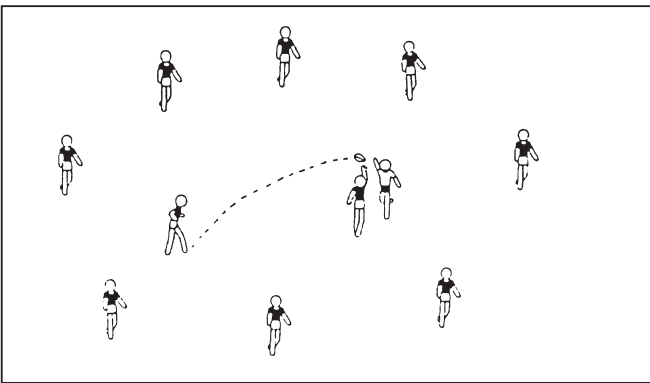
Skill games continued...

19 Pickle (MP/LP)

Skills: Catching

Description:

Players numbered in pairs in scattered formation. One player throws a football up and calls a number. The two players with the number try to mark the ball. If marked, procedure is repeated, otherwise player calls "PICKLE". All stand still and player with ball attempts to hit them. Ball may be dodged without moving feet. Player hit restarts game.

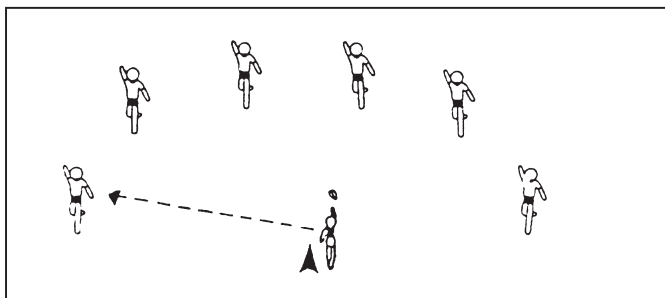


20 Corner Spry Kick (MP/LP)

Skills: Handball, Catching

Description:

Groups of 5-6 players with leader standing 10 metres away. Leader handballs to first player who handballs back and sits down. Procedure is repeated with remaining players. First player swaps places with leader and game continues until all players have returned to their original positions.

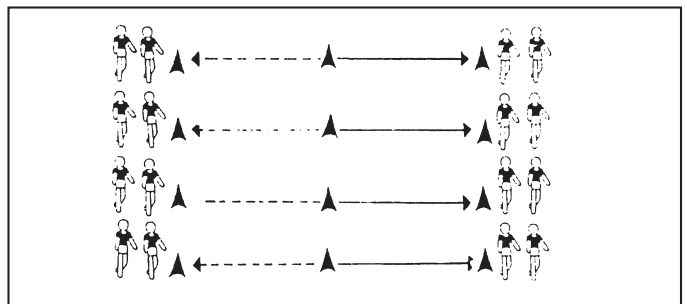


21 Hit On And Pick Up Relay (EP/MP)

Skills: Hitting on, Pick up

Description:

Four teams in relay formation, half players at either end of track. Marker in middle. On signal, first runner places ball on ground and hits towards marker. When both ball and runner pass marker, ball may be picked up and handballed to next runner. Winner is first team to have all runners in original positions.

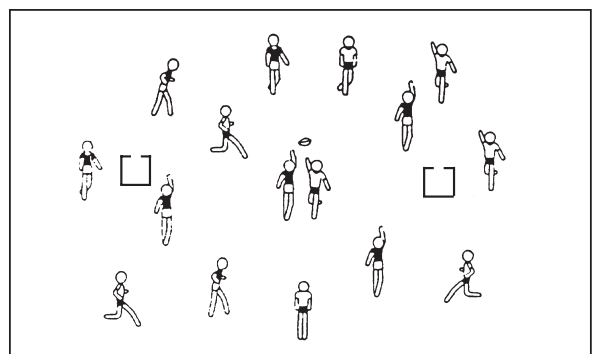


22 Matball (MP/LP)

Skills: Handball, Passing, Interception

Description:

Two teams, Defenders and Attackers. Seven-nine players a side. Basketball court size playing area. Each team has a mat or marked area (4' x 6') for goalie. Each team selects a catcher who stands on his team's mat or goal area. Game is started with ball up between two centre players. Players use handball only to pass ball to their team's goalie. Play is restarted by kick in from goalie. Ball is not in play until it touches the ground. If ball goes out on the full, it is returned by nearest opponent. Team scoring most goals wins.



Rules:

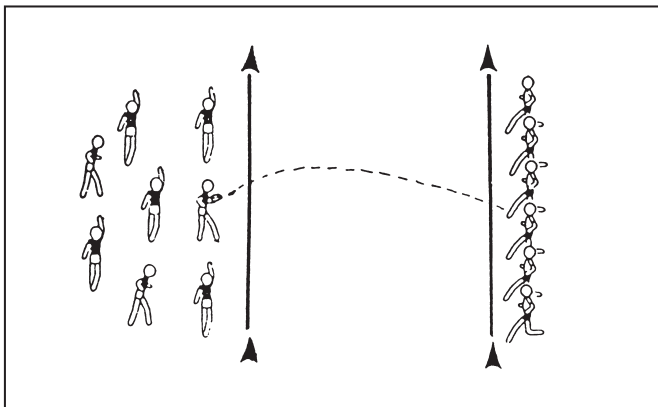
- No player other than goalie may step on the mat or enter the goal area. Free shot for goal from penalty spot
- No player may run with the ball or hold it longer than three seconds. Free pass from where offence occurs
- No body contact allowed. Free pass from when offence occurred or free shot for goal from penalty spot

Skill games continued...
23 Bounce Ball (LP)
Skills: Handball, Bouncing, Interception, Passing
Description:

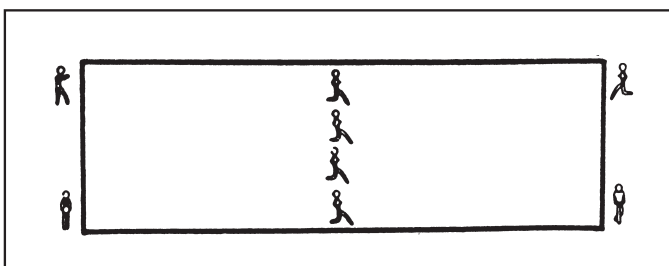
The formation is as for No. 22, matball. Game is similar to matball but with body contact allowed. However, player with ball cannot force a passage. Passing by handball only. No time limit with possession, but ball must be bounced every five steps. After a goal is scored, play is restarted with a centre ball up.

24 Boundary Ball (MP/LP)
Skills: Kicking, Marking
Description:

Each player in kicking team takes one kick from behind the kick off line. A point is scored if the ball lands past the boundary line approximately 15-20 metres away. Defenders attempt to mark ball. Teams swap over when all players on the kicking team have taken their kick. Winner is the team with the highest score.


25 Pass The Guards (EP/MP)
Skills: Picking up
Description:

Team of equal numbers of four or five. Play a third of a netball court. One team lines up shoulder to shoulder across the middle. The other team mans both ends and attempts to roll the ball past the guards in the centre. Vary the game by using handball to hit the ground instead of bowling. One point for each that passes the guards.


26 Ten Up (all levels)
Skills: Various
Description:

A game where the first player in the group to reach 10 (or 20) of the nominated skill performances is the winner. The game can be varied by grouping players into pairs to perform a nominated task. The game is suitable for all levels as the difficulty of the task may be varied to suit different levels.

EARLY PRIMARY

- Catching on chest, in hands.
- Flip ball.
- Bounce and catch.
- Jump and hit to partner.

MIDDLE PRIMARY

- Simple basic skills such as handball, kicking, marking on chest and overhead.

LATE PRIMARY

- Advanced skills such as rocket and overspin handpasses, drop punts, leap and mark. Extend players by increasing distance and introducing odd positions.

27 Relay Games (all levels)
Skills: Various
Description:

Relay formations of various kinds are excellent for drills but relays can also be used for games in which skills are practised.

Relay games are suitable for all levels as the difficulty of the task may be varied to suit different levels.

Early Primary

Dribbling, hit on, two handed pick up, two handed bounce, catching.

Middle Primary

Simple basic skills such as handball, kicking, marking, bouncing, one handed pick up.

Late Primary

Advanced skills such as Rocket and Over spin handball, drop kick, various evasive techniques. Extend players with increased distance and accuracy of passing.