



Australian Government
Australian Sports Commission

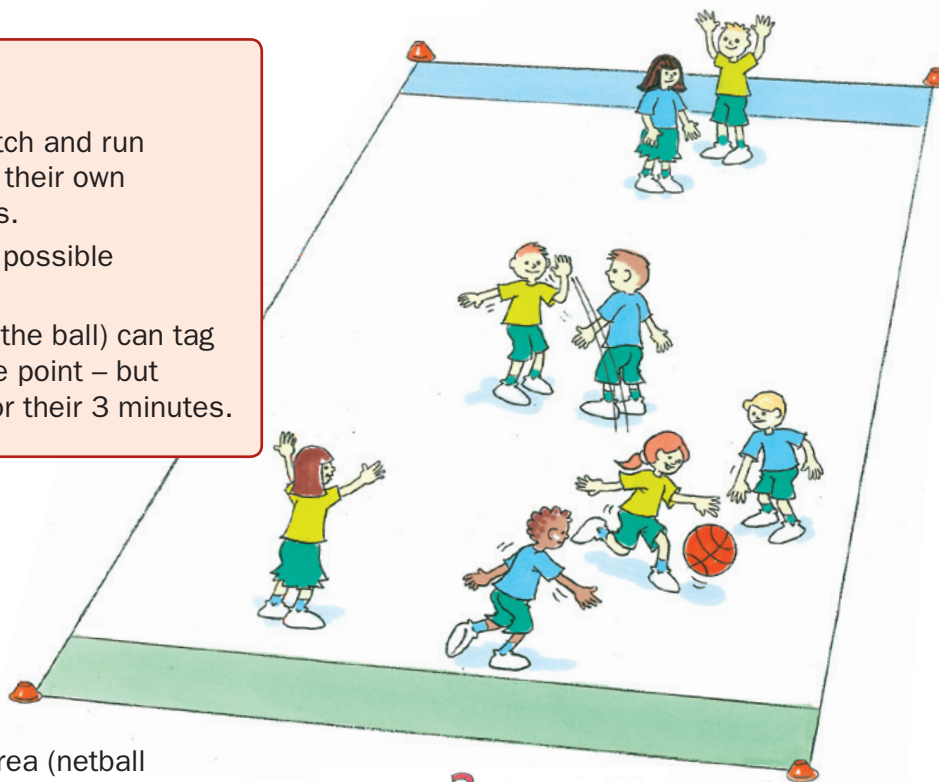


Defenders on the line

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.

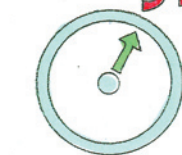
Scoring

- > 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.



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 e.g. Start out WC 01a 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 team-mate. 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.

Variations

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

LESSON LINK *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.

SESSION
PLANS

Combo > Start out WC 9b + Start out INV 06 + Get into it INV 05
Mixed combo > Start out WC 9b + Start out SF 01b + Get into it INV 05

Defenders on the line

Skills > Interception/close marking · Understanding zones & off-side rules · Space – finding & closing · Communication between players/deception

change it...

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

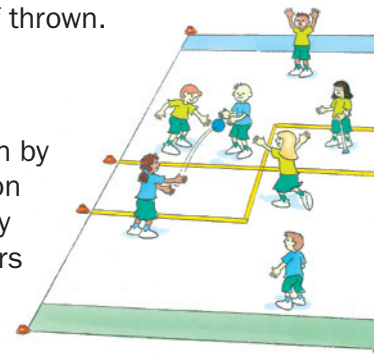
- > **Use different balls** – vary size, shape and hardness.

ALTERNATIVES

- > **Use equipment to send the ball**
e.g. 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 e.g. Start out WC 03a,b.

**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?’