



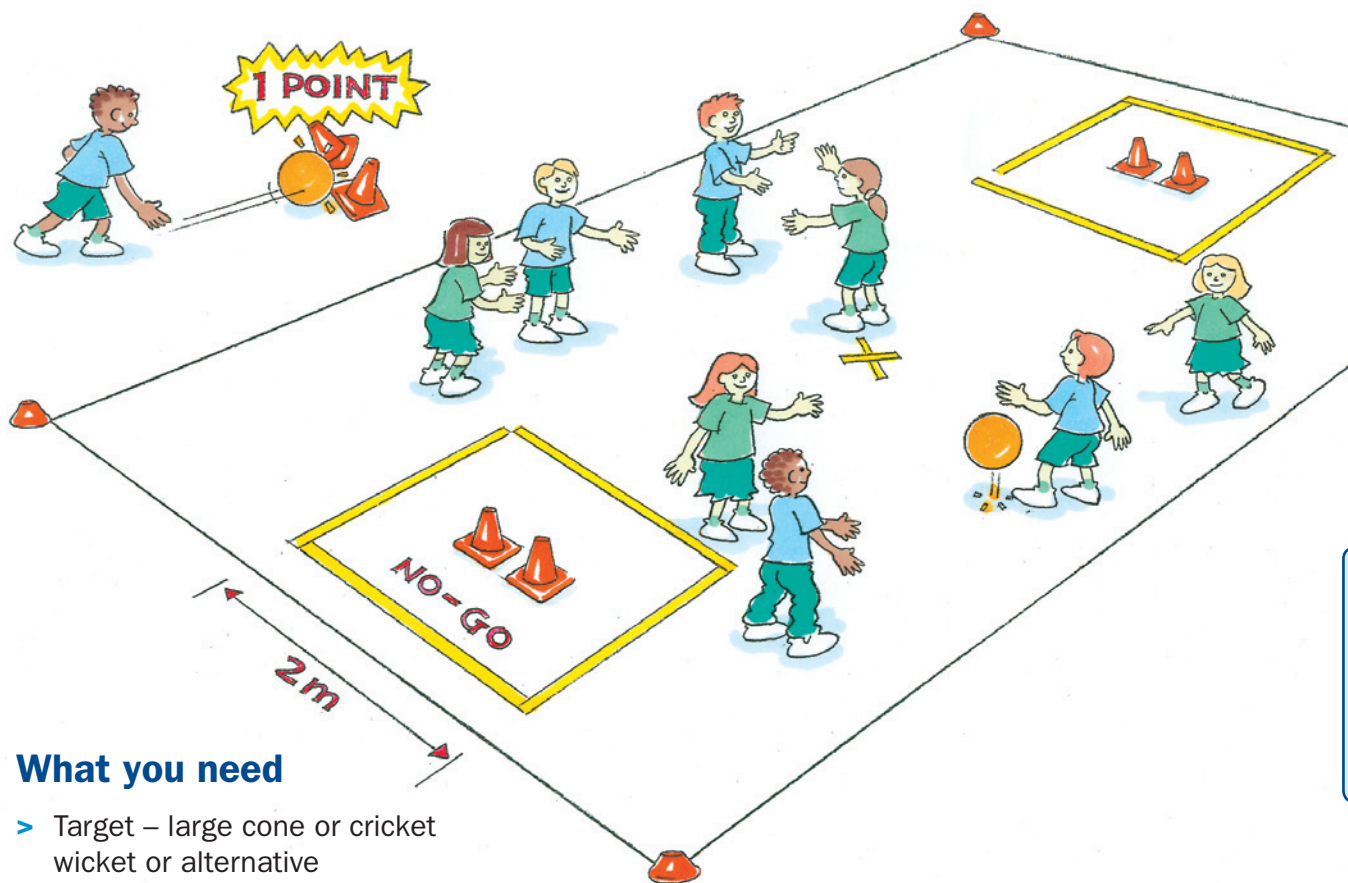
Australian Government  
Australian Sports Commission

EASY MED HARD



# 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.

## LESSON LINK

*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.

SESSION PLANS

Combo > Start out WC 03a + Get into it TG 12 + Get into it TG 11  
Mixed combo > Start out WC 03a + Get into it NC 03 + Get into it TG 11

# Defend the zone

Skills > Interception, close marking · Space – finding & closing · Communication between players/deception · Target throwing

## change it...

### Coaching

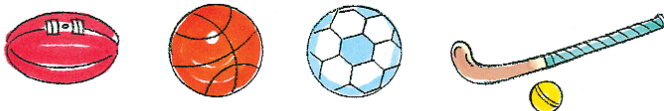
- > 'Freeze-frame' games (i.e. stop the play at key moments) to highlight good examples of attack and defence. But use the 'freeze-frame' sparingly and let the kids play!

### 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.

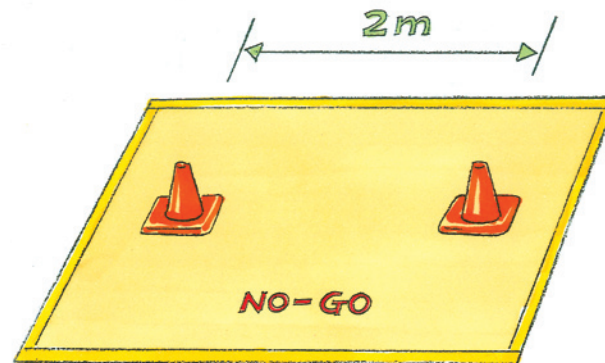
### Equipment

- > **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.



**NO CONTACT**



**NO STEALING**

### ASK THE PLAYERS

#### 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?'