



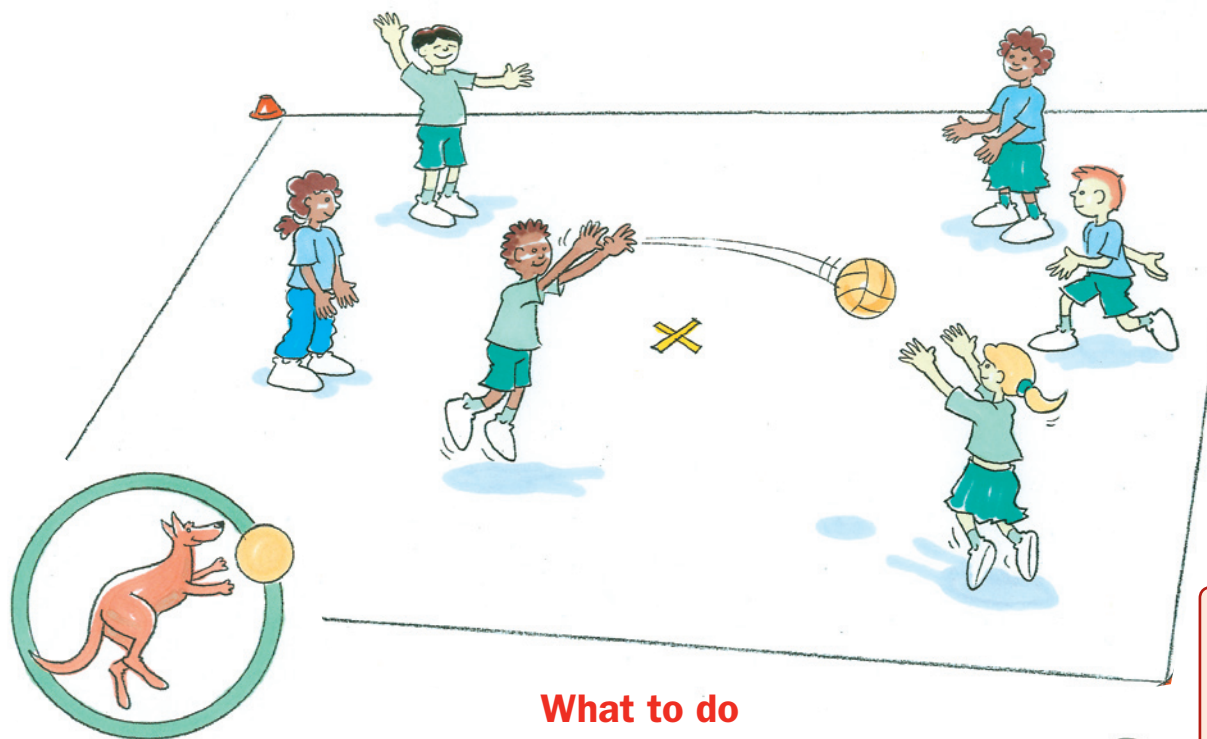
Australian Government
Australian Sports Commission

EASY MED HARD



Keentan

Two teams play. The team in possession throws the ball between team-mates. In Keentan both the passer and receiver must be off the ground when the ball is passed or received. An easier version requires only the passers or the receivers to be off the ground. (Teams of 4 or more.)



What you need

- > A marked playing area about the size of a netball court
- > A ball such as a volleyball or size 3–4 soccer ball

What to do

Team in possession

- > Start play from the centre of the court.
- > Players jump and attempt to pass the ball to a team-mate while they are *in the air*.



- > Passes must be a minimum of 2m (from player to player).
- > Players in possession of the ball are allowed up to 4 steps after receiving the ball before they pass the ball.
- > Players may not hold the ball for more than 3 seconds while they are standing still.

Team seeking possession

- > A team gains possession if the opposing team with the ball drops it or by intercepting the ball.
- > Possession changes if a player steps out of the area with the ball.
- > No physical contact and guarding must be from 1m away.
- > All players are free to move around without obstruction.

Neither team is allowed to kick the ball.

Scoring

- > One point is scored if possession is retained for a set number of passes, e.g. 5.
- > The first team to a set number of points is the winner, e.g. 5.

LESSON LINK *Keentan* adds a jumping dimension to a basic invasion game involving passing. This adds an extra dimension of timing and agility.

SESSION PLANS

Combo > Start out WC 10a + Get into it INV 12

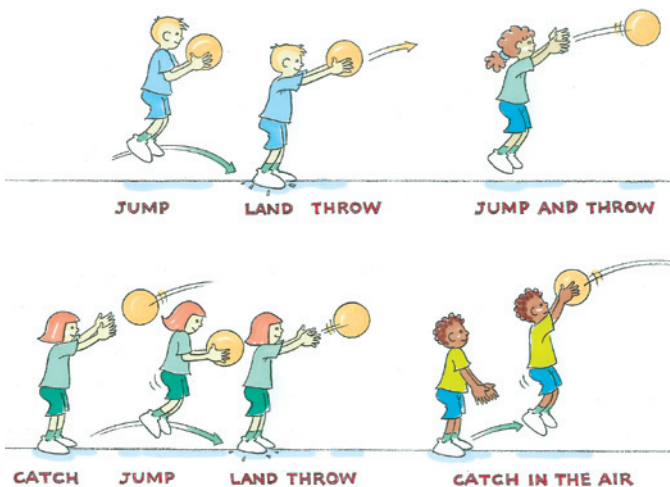
change it...

Coaching

Combining jumping and throwing or jumping and catching takes some practice. Be lenient if the timing of a jump and pass are not perfectly coordinated. Remember the essence of the game is passing to team-mates without interception.

Change it

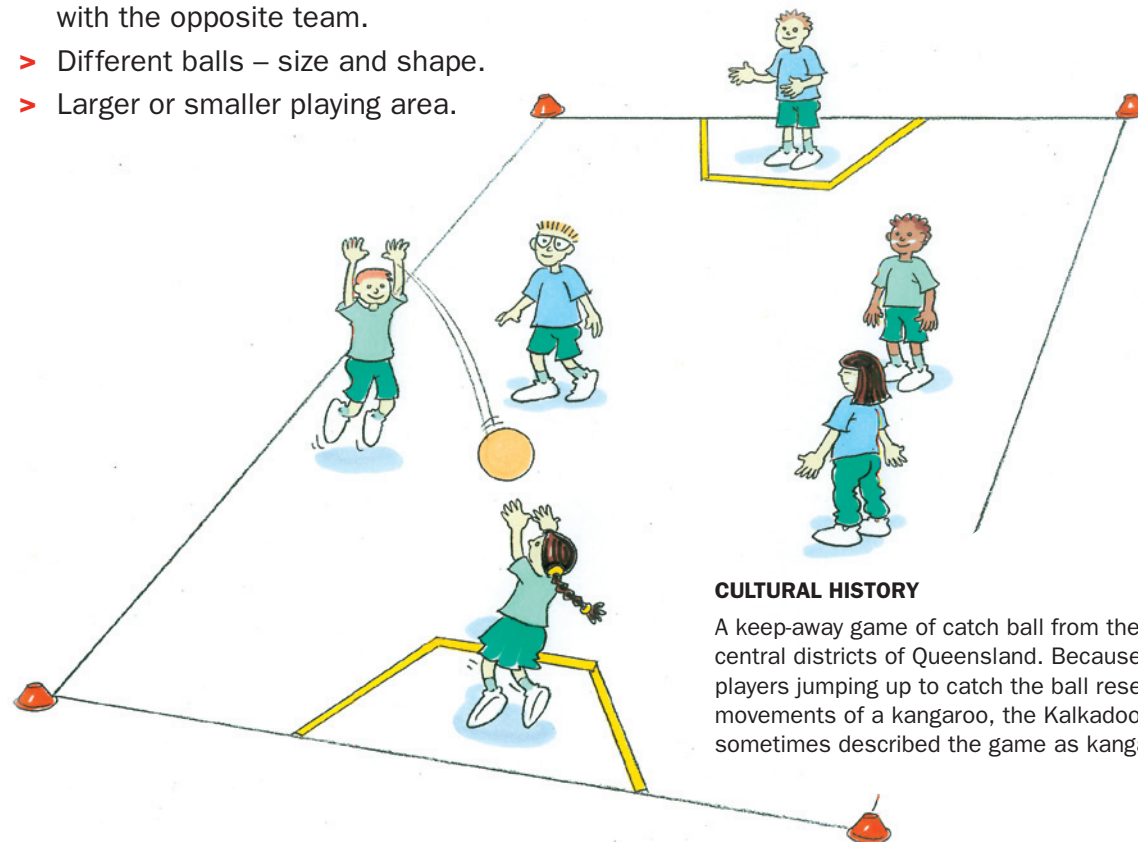
Simplify the activity! Introduce players gradually to executing the pass or catch in the air, e.g. a player might simply jump with the ball, land and then pass it. Or a receiving player might catch the ball first and then jump and land, before passing it on.



- > Jump with pass or jump with catch or both;
- > Vary the team sizes, e.g. 3 v 4.
- > While in possession; alternate jump passes with regular passes.
- > Allow players to run freely.
- > Teams score in their goal area.
The point is won when the ball is passed to a designated player in the goal area. Play recommences from the base-line with the opposite team.
- > Different balls – size and shape.
- > Larger or smaller playing area.

Safety

- > Ensure separations between players as described are observed.
- > No diving on loose balls.
- > Ensure familiarity with space and player awareness activity prerequisites e.g. Start out WC 03b.

**CULTURAL HISTORY**

A keep-away game of catch ball from the north-west central districts of Queensland. Because the action of players jumping up to catch the ball resembled the movements of a kangaroo, the Kalkadoon people sometimes described the game as kangaroo-play'.