



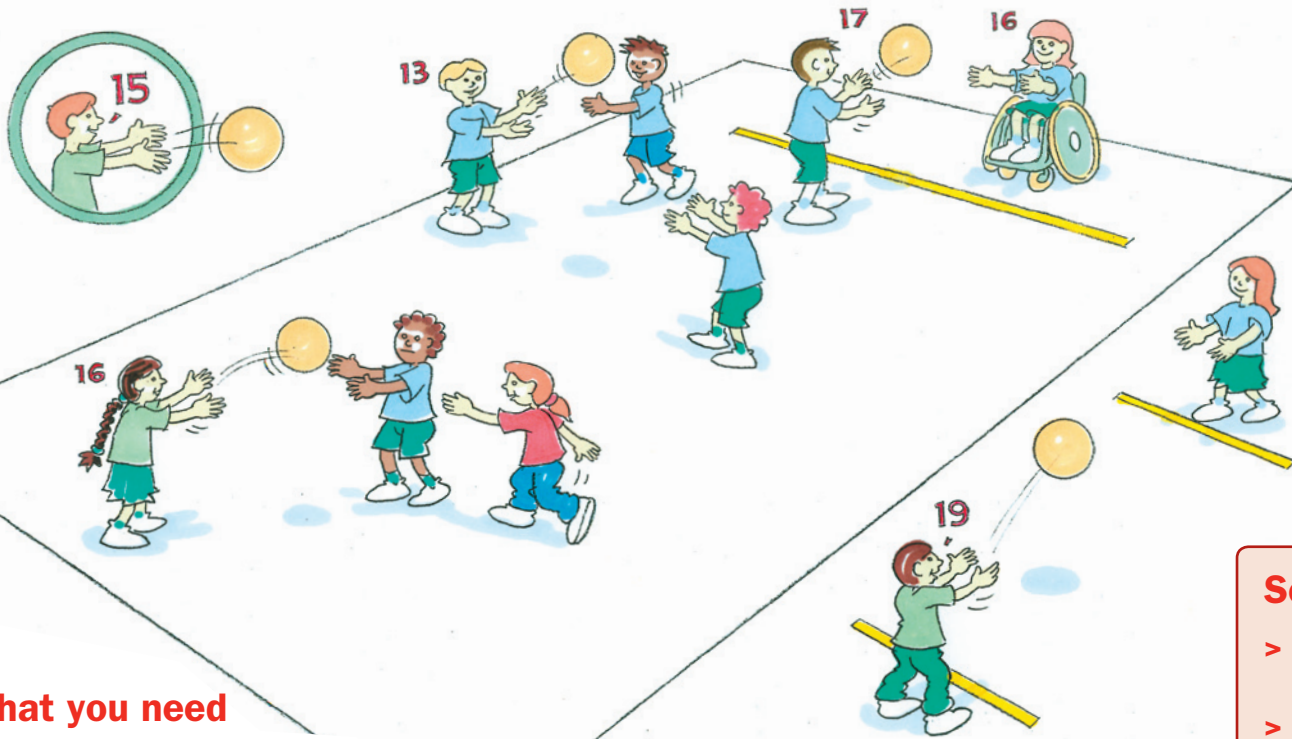
Australian Government
Australian Sports Commission

EASY MED HARD



On-court off-court rapid pass

4 passers on-court pass the ball around, each player trying to receive as many passes as possible. 2 other on-court players are taggers who try to tag a passer with the ball. Off-court, 2 players pass the ball to each other trying to reach a record total. The game is readily adapted to a wide range of ability levels. (8 or more players.)



What you need

- > Suitable playing area without obstructions with space between other groups
- > 2 balls per group (volleyball size) or alternative
- > Markers

What to do

Play for a set period, e.g. 30 seconds.

PASSING

- > If a passer is tagged in possession of the ball they lose 2 points.
- > Tag by lightly touching a passer – no touching on the head.
- > **End-zone** – depending on player ability, designate a ‘no-go’ end-zone, which is out of bounds to other players.

TAGGERS

- > **Change roles frequently** – after short periods of play, e.g. 30 seconds, taggers become passers and 2 on-court passers become off-court passers.

Scoring

- > **On-court passers** – attempt to catch as many balls as possible before being tagged.
- > **Off-court players** – attempt to receive as many passes as possible in the set time.

LESSON LINK

On-court off-court rapid pass is a fast, inclusive passing game. Passers learn to simultaneously bring into view team-mates and taggers.

SESSION PLANS

Combo > Start out WC 05b + Get into it INV 01 + Start out INV 05

On-court off-court rapid pass

Skills > Interception, close marking · Space: finding & closing · Communication between players/deception · Decision-making: 'pass long' or 'pass short'?

change it...

Coaching

The game will provide many 'coachable moments' for you to highlight invasion-game fundamentals by using player role models:

- > team-mates positioning themselves to receive
- > passers evading taggers
- > players moving about without bumping into team-mates or opposition
- > communicating
- > deceiving the opposition.

Game rules

- > **Taggers** – vary the number of taggers (more or fewer).
- > **Vary the passing method.**

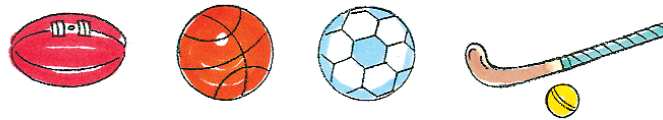


- > **Taggers/passers can only walk** – vary according to ability levels.
- > **Call 'freeze' and 'unfreeze'** – taggers have to stand on the spot until 'unfreeze' is called (easier for passers).

Equipment

- > **Use different balls** – vary size, shape and hardness depending on the experience of the players.

ALTERNATIVES



Playing area

- > Change the dimensions of the playing area.
- > Create one or 2 in-court 'islands' where passers can move to (5 seconds maximum) without being tagged.
- > **Change the distance** – between off-court passers.



Safety

- > Ensure a smooth playing area with adequate space between players and other games.
- > Create tag-free zones to equalise play as required.
- > Overarm throws should be soft.
- > The ball cannot be taken from another player's possession.



NO CONTACT

NO STEALING

ASK THE PLAYERS

Passers (on-court)

- > 'How can you help your team-mates?'
- > 'If you have the ball, is it best to "pass long" or "pass short"?''

Taggers

- > 'How can you work with another tagger to be more effective?'