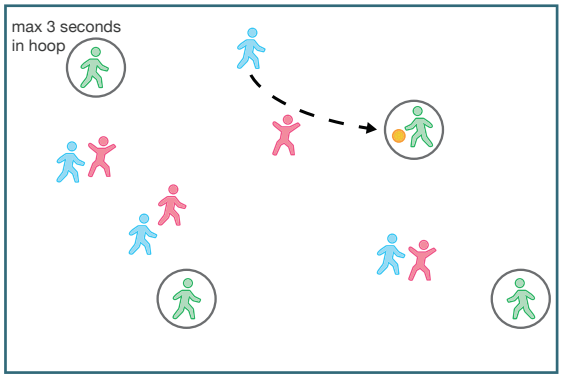
activity 3

LESSON 1

# HOOP BALL

**This game develops passing, receiving and defensive positioning**

10Min




## How to Play

This is a non-contact game. Teams of 3 -5 players attempt to pass the ball to a team-mate when in a scoring hoop.

One team begins with the ball and tries to maintain possession and accumulate points. Players are only allowed in a hoop for 3 seconds. If the team in possession infringes the rules or the ball goes out of bounds, or is touched or intercepted, teams swap roles.

## Activity Set Up

4 hoops are placed in a playing area e.g. a third of Netball court. or a Badminton court. The 4 hoops are 'scoring' spaces.

## Scale Up or Scale Down

HARDER

- Limit the type of pass
- Limit the time players can hold the ball before passing.
- Decrease the size or shape of playing area.
- Use a smaller ball

EASIER

- Use a larger ball
- Type of ball used.
- Increase the size or shape of playing area.
- Players can move no more than 3m with the ball or not at all.

## Teaching Tips

- Focus on accurate passes and catching the ball to retain possession.
- Play the game at walking pace to slow down pace of the game.

## Freeze Play *(Choose two or three)*

- What are the roles of the players supporting the player with the ball?
- How can the team in possession keep possession for as long as possible and still attempt to score?
- How can defenders combine to prevent a score by the team in possession?