Indoor Games – defending/attacking skills

Bomb Ball

Playing Area: Basketball court or enclosed tennis or netball court
Equipment: Cones/witches hats to define areas • 6 nerf balls, 3 per team
Playing Time: 25 minutes

Instructions

• Divide class evenly into 2 teams, each divided into Attackers & Defenders.
• Attackers stand near the centre line with their balls, Defenders stand near the rear of each court.
• When the Teacher calls ‘Go’ Attackers on each side try to throw their balls through the opposition team’s defence area. The balls must bounce at least once, or bounce off a defender before going over the back lines to score a point.
• Defenders can use any part of their bodies to stop balls going over their back lines.
• Defenders retrieve balls that have gone out of court, but come back into their court before passing to the ball to their Attackers.
• If they stop a ball they pass it to their Attackers.
• Attackers may not kick a ball, but they may block the opposition’s throws, providing they stay on their side of the court.
• Attackers who step into the opposition court are offside and any ensuing score doesn’t count.
• If a ball goes out over the sidelines it doesn’t count as a score.
• First team to 20 points wins.

Note: Change Attacker and Defender roles each game.