Shadow

Applications: Football codes, lacrosse, netball, basketball, hockey.

Problem-solving: Shadow your opponent so that you can tag them if they receive the ball.
This 5 minute game combines elements of Interceptor (p.29) with ‘Chasey’. In teams of 3, players are either: interceptors, shadows or passer/receivers.
Passer/receivers work as a team to maintain possession for as long as possible – 1 point for every 5 consecutive passes they make.
Interceptors try to touch, intercept, force the ball to ground or out of play – 1 points for each.
Each shadow follows a specific opposition player around the court. They are not allowed to touch or intercept the ball, or in any way interfere with the player they are shadowing. Only when their player receives the ball can they try to touch them on the back – 1 point for each touch.

Variations
- Limit the time players can maintain possession, eg. 3 seconds.
- Type of ball used.
- Type of pass allowed/not allowed.
- Players can move or not while in possession of the ball.
- Allow dribbling of the ball.

Safety
- Defenders must not tackle, push, bump or grab opposition players.

Example Key Questions
- How can a shadow stay as close to their player as possible?
- What does a shadow look at as they try to follow their player?
- How can the team in possession combine to gather as many sets of 5 consecutive passes as possible?
- How can interceptors combine together to accumulate points?

Hoop Ball

Applications: Football codes, basketball, netball, lacrosse, team handball, hockey.

Problem-solving: Make position to receive the ball in a scoring space.
This game develops passing, receiving and defensive positioning. 4 hoops in a playing area are ‘scoring’ spaces. Teams of 3 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.

Variations
- Type of ball used.
- Limit the type of pass.
- Players can move no more than 3 m with the ball or not at all.
- Limit the time players can hold the ball before passing.
- Size or shape of playing area.

Safety
- Defenders must not tackle, bump or grab opposition players.
- Tape down hoops so they can not move.

Example Key Questions
- 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?