No-go

Players are divided into 2 teams separated by a ‘no-go’ barrier. The ball is thrown across the barrier. The opposing team must catch the ball and send it back.

What you need

> Indoor or outdoor court
> Variety of balls of different size, weight and hardness
> 14 marker cones

What to do

> Set up the playing area as shown. The ‘barrier’ between the 2 teams is the no-go area.
> Divide the players into 2 teams.
> The ball is thrown across the barrier above waist height.
> The opposing team must catch the ball on the full or after one bounce and send it back.
> Players must catch and throw in one movement.

Scoring

Teams score points when:
> the ball touches the ground twice on the opponent’s side
> the opponents send the ball out of court
> the ball lands in the ‘no-go’ area from an opponent’s last touch.

Score to an agreed number of points (e.g. 10) or set a time limit (e.g. 5 minutes).

Change it

Introduce passing – maximum of 3 touches – ball must cross the barrier on the third touch.

LES S O N L I N K

Use No-go as an inclusive activity to develop throwing and catching skills, ‘court sense’ and ball placement.
change it…

Coaching

> Players should visually track the ball as early as possible.
> Players try different formations to cover their side of the court.

Game rules

> Remove the ‘one bounce allowed’ rule – as players’ reactions improve.
> Identify specific target areas where points are scored, or count double.

Equipment

Easier – use slower balls, e.g. beach balls or even large balloons.
Harder – use smaller/faster balls.

Environment

> Vary the size of the court according to the number and ability of players – a small court makes it easier to get to a ball but needs more player communication.
> Change the size of the ‘no-go’ area – a larger ‘no-go’ area makes it harder, a smaller ‘no-go’ area requires greater accuracy.

Safety

> Make sure players are aware of the capabilities of others in the group.
> Encourage players to call ‘mine!’ when taking a catch.
> Ensure sufficient space between courts.

ASK THE PLAYERS

Ask the players to agree to rules that ensure everyone is included and has a role in the game.

Catchers

> ‘What can we do to ensure the whole court is covered?’

Throwers

> ‘How do you throw the ball to ensure a long rally?’ (cooperative play)
> ‘How can you use passing to your team-mates to help you score?’