Shuttle ball

A cooperative game. A ball is thrown to a catcher. The thrower runs to take the place of the catcher and the catcher in turn runs to join players at the thrower’s line. (Teams of 3 or more.)

What to do

**SETTING UP**
- One ball per team of players
- Markers or tape to identify 2 lines about 3 metres apart

**PLAYING**
- Player 1 throws the ball to Player 2 and then runs to Line B.
- Player 2 throws the ball to Player 3 and then runs to Line A.
- Repeat this pattern until the ‘stop’ signal is given.

**Change it**
- A player with limited mobility or passing ability (player 2) could start at line B with a team-mate (player 3). The first throw is sent to player 2, who passes it to player 3.
- The game continues with player 3 running back to line A with the ball and player 4 passing to player 2 and running to line B to repeat the pattern.
- Throw at any time between lines A and B – *underarm* and *slow* is better.

**Safety**
- Vary the locomotion between lines (see e.g. *Rally around*, Start out NC 04).
- *Other* – vary the distance between the lines, vary type of pass, roll the ball, use preferred or non-preferred hand.
- Vary the type of ball.

**Change it** to adjust activity to the ability of the group.
- Ensure players are not close to walls or other obstructions.
- Players should know what to do if a ball escapes their group.

**Lesson Link**
*Shuttle ball* combines introductory throwing and catching with agility. See also Start out CP 03.