

**Endball**

# Target Ball:

## Achieve the challenge

The aim is to pass your ball through every goal in the shortest possible time.

### How to play

1. Get into pairs.
2. In your pair, set up two cones of the same colour, one metre apart, making a goal.
3. Start off passing the ball to your partner through your goal. How many goals can you score in one minute?
4. Change to moving and scoring in every goal. How long does that take?

### Safety

- Be aware of other players when moving around so you don't hit into them.



## Equipment

### Essential

- Cones or markers to make a gate.
- A ball or item to pass between the gate.

### Optional

- Different types of balls/items so players can choose what to pass.

### STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

#### EASIER

- S** Increase the size of the gates.
- T** Try different types of passes, with your hands or with your feet.
- E** Use a bigger ball.
- P** Work on your own and carry the ball through the gates.

#### HARDER

- S** Decrease the size of the gates.
- T** Pass the ball with your non-dominant foot or hand.
- E** Use a smaller ball.
- P** Add in defenders trying to stop your pass.

## Change it up

- Can you try a different type of pass between every gate?
- Try adding in defenders, who can block passes.
- Shout instructions for all players to go through a coloured gate as quickly as possible.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

# Catching Challenge:

## Achieve the challenge

The aim of the game is to work as a team to make sure the ball/object doesn't bounce in your area.

## How to play

1. Agree on a playing area with target zones at each end
2. Get into two teams and spread out around your teams playing area
3. One team starts with a ball/object and throws it into the other team's area
4. The receiving team must try and catch the ball before it bounces
5. If the ball/object is caught, you can then throw it back over into the other team's area

## Equipment

### Essential

- Space big enough for the game
- A ball/object

### Optional

- Cones or a net to mark out the centre line

**STEP in.** Including all young people by changing the Space, Task, Equipment or People (**STEP**)

### EASIER

- S** Decrease the size of your area
- T** Allow one bounce before catching
- E** Use a bigger sized ball/object
- P** Increase the number of players on your team

### HARDER

- S** Increase the size of your area
- T** Try catching one handed or with your weaker hand
- E** Use a smaller sized ball/object
- P** Decrease the number of players on your team



## Roles for leaders and officials

- Ensure the playing area is safe
- Make decisions on when the ball/object lands in or out of play
- Keep the score
- If anyone looks unhappy, find out how you can make it better

## Change it up

- Add in more than one ball/object to play the game
- Create more than two teams to play against each other
- Try different types of throws or even try playing from a seated position
- Play to a time limit and try to have the ball/object out of your area when the time ends
- Choose a player on your team to stand in the other team's target zone. If they catch the ball, then you can award more points.
- There are lots of ways that this game could be played. Be creative and come up with your own versions

# Keep your tails:

## Achieve the challenge

The aim is to protect your tail and see how many times you can get your partner's.

## How to play

1. Get into pairs.
2. Mark out a small area to play inside.
3. Attach three tails to yourself (bibs or a tag rugby belt), one on each side and one at the back.
4. Face your partner with your toes facing forwards, knees slightly bent, straight back and hands on your hips.
5. Bow to your partner and begin trying to catch their tails.
6. If all three tails are caught, replace them, and the play starts again.

## Equipment

### Essential

- Bibs or rugby tags.

### Optional

- Cones/markers to mark out an area.



## STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

### EASIER

- S** Decrease the area size.
- T** One foot must stay in the same place, so can lunge but not move.
- E** Create longer tails.
- P** Only one person with tags and take turns.

### HARDER

- S** Increase the area size.
- T** Players decide which tag, left, right or back they must go for.
- E** Add more tags.
- P** One person with tags, two people stealing.

## Safety

- Make sure the area is safe.
- Watch out for hitting into other players when you are bending down.

## Link it up

This game will help you with agility and quick feet which are useful skills in sports such as boxing, fencing and judo.

## Think tactics

- What do you need to do to make it difficult for your opponent to catch your tails?

# Invading the Zone:

## Achieve the challenge

The aim of the game is to get the object into the other teams target zone.

## How to play

1. Agree on a playing area with target zones at each end
2. Get into two teams standing at either end of the playing area
3. Number yourselves in your team so that each player has their own number
4. One player calls out a combination of numbers who then become live in play
5. The live players must then try and get the object into the other teams target zone
6. The players whose numbers were not called out must stay in their zone but can act as defenders/goalkeepers.

## Equipment

### Essential

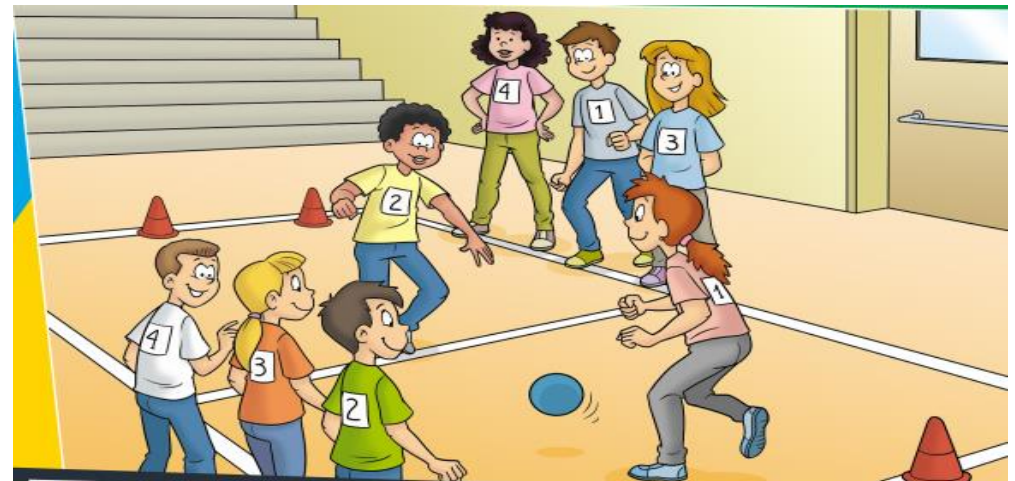
- An object to play with
- Two marked out target zones

## Roles for leaders and officials

- Set up the area
- Call out the numbers and instructions to the players
- Keep track of the score
- If anyone looks unhappy, find out how you can make it better

## Including Everyone

- Create safe zones in the playing area where only some players can go
- Use bright colours for the targets areas
- Players can push/hit the object with other parts of their body or their wheelchair
- Think about the weight/size of the object being used



## Change it up

- Play with 4 teams with 4 different target zones
- Players whose numbers are not called out, must join hands and keep the chain whilst playing as goalkeepers.
- Change the starting positions of players e.g. sitting down, lying on their front
- Be creative with the route that players must make before getting to the object
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

## End ball – The game:

**Aim:** The aim is to get the ball caught in your end zone

**Scoring:** Each time the ball is caught in the end zone, a point is scored.

**Equipment:** One ball per pitch. Bibs for the teams

### How to Play:

- Both teams start on their own side. One per team in the end zone.
- 6 v 6 mixed teams (this can be adapted if needed)
- Ball is thrown up – first to catch wins the ball.
- Ball can be passed in any direction to anyone but the player cannot move whilst they have the ball.
- The ball needs to get to the end zone and be passed to the player in the end zone to catch it.
- If they catch this successfully they score a point
- This is when the end zone catcher can change to the player who threw it in – it can stay with the same person if that is easier
- The time for each game can vary. 5 minute games often work
- Teams try and keep track of their score or have another pupil keeping score for the game

### Adaptations:

- A bigger game of Keep your Tails has worked with EY where they had to place the tails collected in the area. This can be done if the pupils are struggling to throw / catch the ball

