

ACTIVE INVASION
Reporting on Junior Curriculum Levels
Workshop
PENZ 2015

Jane Townsend, Mount Maunganui College

**For the workshop we started the session with 'Defend the Wall', moved on to 'Keep Possession' then into 'Rabbits' before playing Ki-o-rahi Touch'. I have also included the Basketball Games that I had planned for the Gym!*

Defend the Wall

- Set out a wall on a field or court that is 1.5 – 2m wide and adapt the length depending on the number in your class. The wall should be through the middle of a court or field.
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- Select two volunteers to be the defenders of the wall. They are allowed to move anywhere but can only tag inside the wall.
- The rest of the students run from the end of the court/field, through the wall (without being tagged) and to the other end of the court.
- If a player is tagged they also become a defender of the wall.

Progressions: Add balls. Players can only move through the wall if they have possession of a ball. After moving through they can pass the ball back to students waiting at other side of the wall (great for Touch!).
- can also be played dribbling Basketballs and defenders steal the ball as they run through.

North Shore Numbers (Team)

EQUIPMENT 1 Large Ball. Restricted space.

FORMATION Maximum of 4 to a team. No particular formation – make maximum use of space available. 2 teams (opposing) in each space.

OBJECTIVE Each team attempts to retain the ball for as long as possible (Touch, Basketball, Soccer ball)

RULES Team numbers 1 – 4. No. 1 can only pass to No. 2, to No. 3. No. 3 to No. 4, No. 4 to No. 1. If ball is passed to the wrong person then possession is given to other team.

Opposing team can gain possession only as described above or by interception, or if other team knocks ball out of prescribed area.

Keep Possession (variation on above)

EQUIPMENT One large ball, restricted space.

FORMATION Maximum of 4 to a team. No particular formation – make maximum use of available space. 2 opposing teams in space.

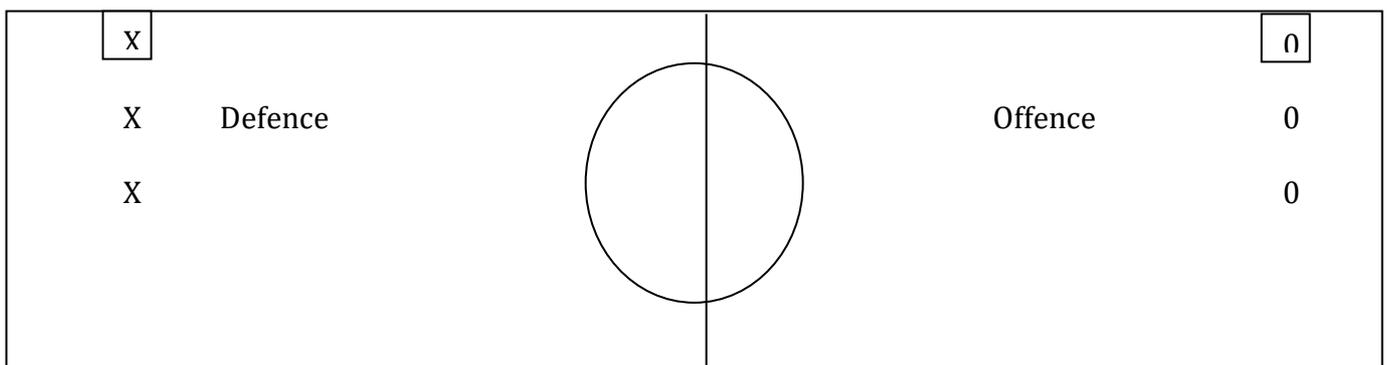
ACTIVITY Each team tries to retain the ball for as long as possible. Team scoring the greater number of passes before losing possession is the winner (or gets it around the whole team). Opposing team gain possession by interception or if the ball or a player goes outside the prescribed area.

RULES A player may pass to any member of the team apart from the one who passed the ball to them.

Rabbits

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This game can be adapted to most sporting contexts. There is always one less defender than number of attackers. There is the same amount of players on the court/field but the extra is in a hoop or coned area until either the attacking scores OR the defending team gains possession and becomes the attacking team.

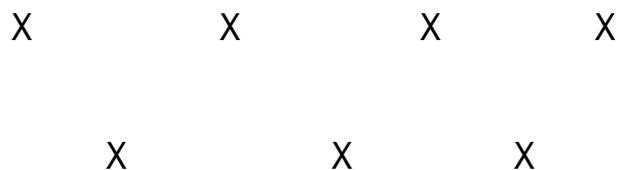
When this happens the original attackers run off and the 'rabbit' (person in the hoop or coned area) is activated.

We played this for Fijian One Touch but we changed the game to 'One Touch' as the attackers found it to easy to score with forward passes. This game is awesome for teaching team play in Basketball.

Ki-o-rahi Touch

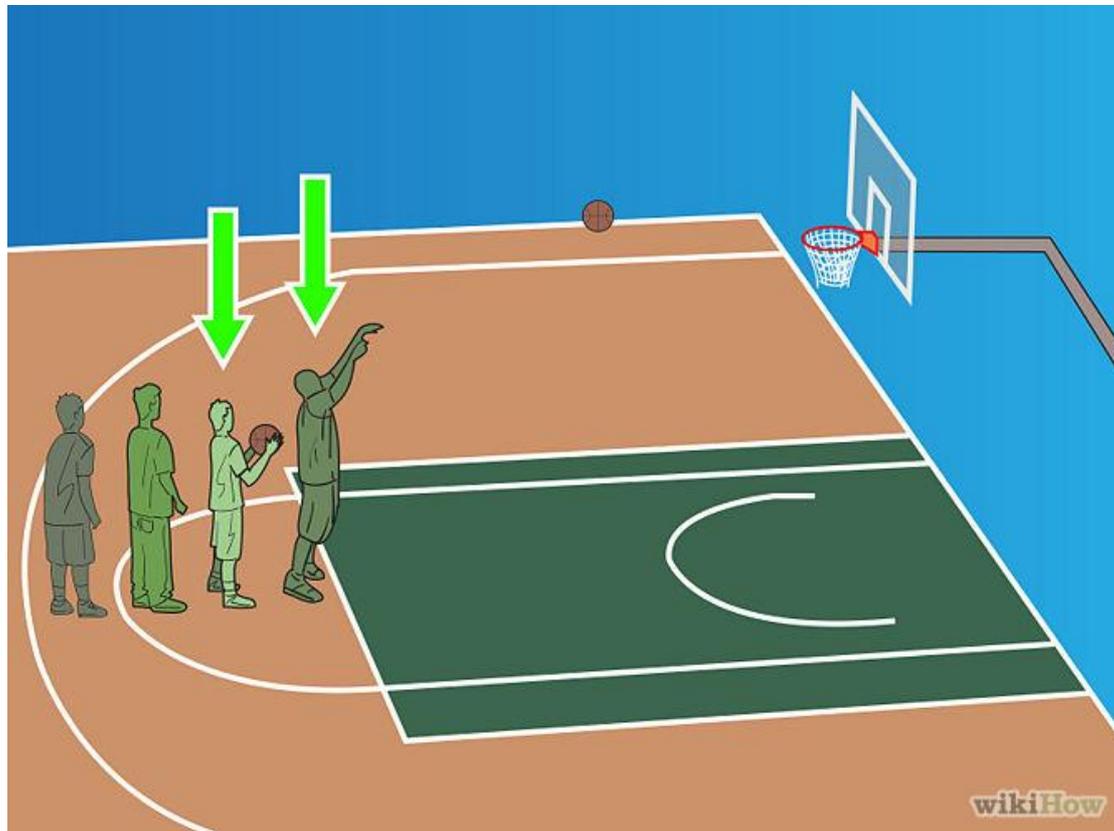
This game is great to teach some of the rules for Ki-o-rahi, particularly for the Te Ao zone with the seven Pou. It can be played as Touch or with league tags.

- Set out a touch field with seven cones (or pou) arranged in a row of 4 on the 5 metre line and another three 10 metres from the tryline at either end of the field.



- *Play up to four touches and 2 metre or 2 second offside rule. After a touch is made the attacker must tap ball with their foot before passing to onr of their team.*
- *For every cone/pou touched within the one possession equates to a point if a try is then made. Teams have to decide whether to go for high risk, high points or play it safe with one or two points.*

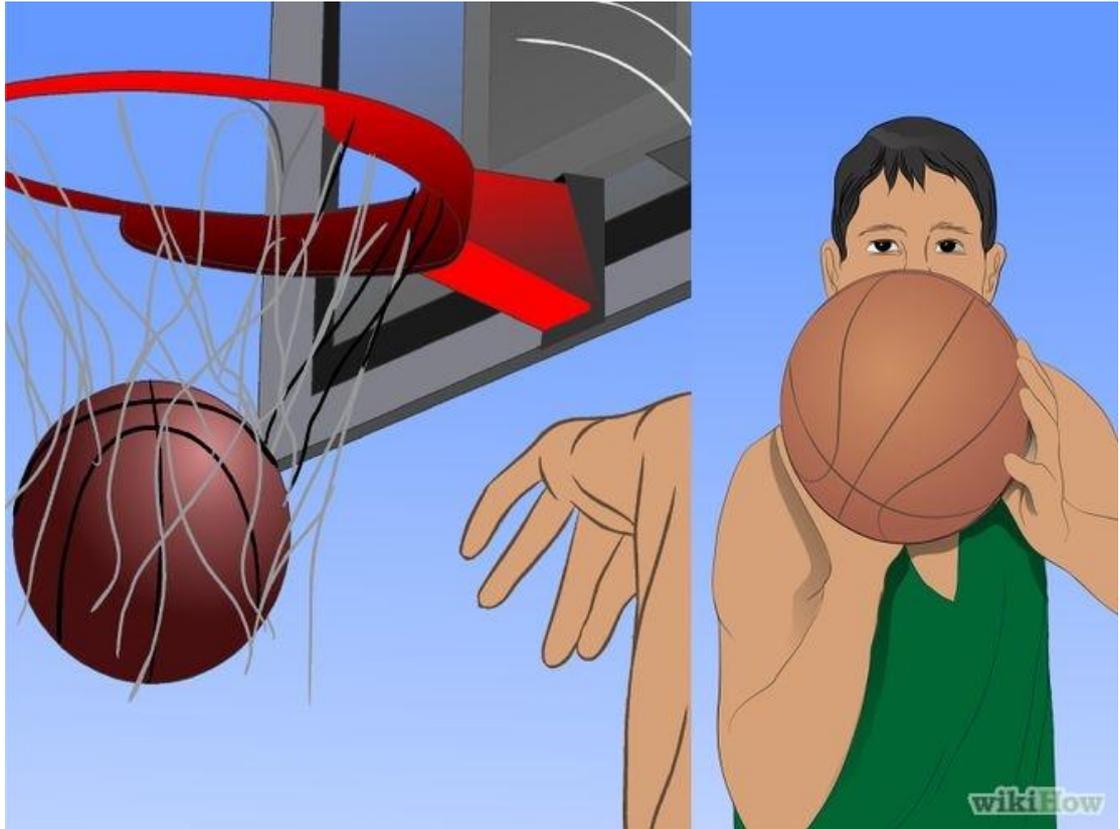
Knock out



Assemble in a single file line at the free throw line. Give the first two players a ball. Blow a whistle or say go. The first player shoots. When the ball goes in or it bounces off the second player shoots.

Play until someone wins. The object of the game is to get all of the players out. Here is how you get people out:

- When one player shoots the ball and misses, the next player shoots and keeps rebounding and putting a shot up before the first player makes their shot.
- **Pass it.** When someone makes it you throw to the next person and the cycle starts over until everybody but one person is out.
- Those who are knocked out practice their shots at another hoop.



'21'

In 21, every player plays against every other player, in an attempt to be the first to 21 points. The game starts with the winner of knock out on the free throw line and everyone else on the outside of the key. Every shot from the free throw is worth three points, and every shot taken from a rebound is worth two.

- After scoring a basket, the player may shoot from the free throw free-throw line (worth three points each) until one is missed.
- If the shot is missed and another player rebounds and shoots it in they get two points and then can attempt a shot at the free throw line.