**5-point player**

Attackers score points by passing to each other for 30 seconds. For bonus points the ball is passed to a team-mate in one of the 2 end-zones. Defenders try to intercept the ball. The game is readily adapted to a wide range of ability levels.

**What you need**

- Volleyball/netball court or similar area with end-zones marked
- One ball per group (volleyball size)
- Markers to mark playing area/end-zones
- **Option** – bib or cap as ID for roving 5-point player
- Stopwatch

**What to do**

**Attackers**

- Have 30 seconds to score as many points as possible.
- **End-zone** – one attacking player only, all team members have a turn.
- **Option** – the player passing the final ball has a turn in the end-zone.

**Defenders**

- Must stand 1m from attackers; no body contact.
- No restriction on the number of defenders in the end zone.
- If the defenders intercept the ball it is placed on the ground for an attacker to resume play. Play continues for attackers until 30 seconds elapses, then the ball changes over.

**Scoring**

- One point for each successful pass in the large playing area.
- An additional 5 points for successful passes to the end-zone.
- If the ball is intercepted or deflected, 3 points are deducted.
- Maintain a running total for each side.

**LEARNING INTENTION**

5-point player is a fast inclusive passing game. This game develops key defending concepts such as anticipation and spatial awareness.
COACHING · HOW TO SCORE · PLAYING AREA · NUMBER OF PLAYERS · GAME RULES · EQUIPMENT · INCLUSION · TIME

**Coaching**

> ‘Freeze-frame’ games (i.e. stop the play at key moments) to highlight good examples of attack and defence. But use the ‘freeze-frame’ sparingly and let the kids play!

**Game rules**

> Remove the end-zone, but still have a roving 5-point player. Provide some ID, e.g. bib or cap.
> 5 v 5 – remove the end-zones and have 2 players who are ‘scoring players’. Points are only gained (e.g. 5 points) when one of these players receives the ball.
> Limit the number of defenders in the end-zone, e.g. only one at any given time.
> Vary the passing method – e.g. bounce pass only, roll the ball, kick the ball.

**Equipment**

> Use different balls – vary size, shape, colour contrast and hardness depending on the ability of the players.

**Playing area**

> Change the size of the end-zone. A bigger end-zone with fewer defenders permitted in it allows more 5-point scores.
> Change the dimensions of the playing area according to players’ ability.

**Safety**

> Ensure a smooth playing area surface with adequate space between players and other games.
> Enforce the ‘no contact’ rule.
> The ball cannot be taken from another player’s possession.

**5-point player**

- Vary the time attackers have to score according to their ability level.
- The end-zone can be effectively used for a player with limited mobility (attackers or defenders).

**ASK THE PLAYERS**

**Attackers (runners with the ball)**

> ‘How can you score the most points?’
> ‘How can you work as a group to make it harder for your opponents to defend?’

**Defenders (players without the ball)**

> ‘How can you work together to make scoring difficult?’
> ‘Is it better to play one-on-one or to cover zones or various spaces on the court?’