Players from 2 opposing teams are paired off and spread the length of the court. On a signal, the player with the ball at one end passes the ball to a team-mate in the next zone. This continues until a goal is scored at the other end.

**What you need**

- Indoor or outdoor playing area as shown
- 12 zone markers
- 2 goals such as witch’s hats, plastic bins, netball goal rings
- 1 medium-sized ball

**What to do**

**SETTING UP**

- Form 2 even teams, one with bibs.
- Players pair up with a member of the opposing team.
- Players distribute themselves in pairs – one pair in each goal area and the other pairs evenly distributed across the zones.

**PLAYING**

- The goal defender of the attacking team starts with the ball.
- The ball must be passed to a team member in each zone.
- Defenders try to intercept the ball.
- The goal scorer (attacking player) is the only player who can shoot for a goal. Rotate this position after each goal is scored.
- No running with the ball; alternatively, a player can run with the ball until tagged, then must pass within 5 seconds.

**Scoring**

- A goal is scored when a cone is hit (or ball reaches alternative target).
- First team to score 3 goals wins.
- Option – an intercept scores a point too.

**LEARNING INTENTION**

*End to end* builds on introductory invasion activities requiring passing. The game requires close marking, creating space and anticipation. A useful lead-in to games like basketball, netball and football codes.
Coaching
> Highlight to the whole group good examples of passing and space finding/interception.
> Ask the players for ideas to ensure all players are included.

Game rules
> Include everyone – use an interceptor-free zone to assist in this, if required.

EASIER
> Defenders (without ball), must stay at least 1m from the player with the ball.
> Allow up to 3 steps with the ball – who is this easier for?
> Play with uneven teams: fewer defenders.

HARDER
> The ball can only be thrown in the direction of the goal – i.e. it cannot be passed backwards in a zone.
> Limit the time for passing the ball to 3 seconds.

Equipment
> Use different balls – vary size, shape, density and hardness.

Playing area
Adjust the size and number of zones to suit the size of the group.

Safety
> Ensure adequate space for the number of players.
> Players should have done space/player awareness activities before playing (e.g. All in tag and Look out for others!). This is important if the zones are made smaller.
> No body contact.
> Ball cannot be taken out of the hands of a player.

ASK THE PLAYERS
Throwers
> ‘What can you do to ensure your team keeps possession?’
> ‘How can you deceive the interceptors?’

Catchers
> ‘What can you do to ensure you receive the ball?’

Experiment with a variety of passes – tell players which pass to use, or allow players to choose.

> Scoring is changed so that, provided the ball reaches a player at the scoring end (catch optional), the goal is counted.