Players in a circle throw a ball to other players in the circle. An interceptor inside the circle tries to intercept the ball. Only the interceptor can move. (Groups of 6–8 players.)

What you need

- A playing area big enough for the circles of players
- One medium-sized ball per group

What to do

- Players on the circles can’t move.
- The player throwing the ball calls out a name (the receiver) and passes the ball to that player.
- If the ball is intercepted, the thrower changes places with the interceptor, or change after 4 throws.

Scoring

- The group with the highest number of consecutive passes in a set time wins.

Variations

1. **Players decide on names** – cars, pop groups, movies, sports people.
2. **More than one interceptor**
3. **New circle positions** – After 2 successful consecutive passes, play is stopped and players move around the circle in the same direction 2 times to a new position. Play recommences. Vary the locomotion around the circle.

LEARNING INTENTION

*Names* develops throwing, catching and intercepting skills. It is an introductory activity for invasion and striking/fielding games.
Coaching

> Highlight good examples of throwing and catching. Ask the group why they think the pair has been chosen as role models.
> Highlight good tactical passing or intercepting.

Game rules

> **Type of pass** – vary the pass, e.g. include rolling.
> **Restrict passing** – discuss with the group whether they would like to disallow passes to the person either side of them. Allow only certain passes.
> **Bonus** – if passing to the person on either side is allowed and the ball is intercepted, this could give the interceptor a credit of one false call when in the throwing role.
> **Time limit on ball contact** – e.g. ‘hot potato’ or 3 seconds before throwing the ball.
> **Restrict interceptor position** – the interceptor must stand at least one metre from the thrower.
> **The teacher calls out the numbers.**
> **Use more interceptors.**

Equipment

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

**Alternatives**

Playing area

> Bigger or smaller circles.

Safety

> Ensure adequate space for number of players.
> Ensure adequate space between circles.
> Agree on a ‘lost ball’ strategy, i.e. play stops until the ball is retrieved.
> Players should have completed space/player awareness activities before playing.

**ASK THE PLAYERS**

**Interceptors**

> ‘How can you increase your chances of intercepting the ball?’

**Passers**

> ‘How can you keep possession?’
> ‘How do you communicate with your team-mates?’
> ‘When will you use the long throw?’ (Remember – longer means more air time.)