Players are divided into 2 teams separated by a ‘no-go’ barrier. The ball is thrown across the barrier. The opposing team must catch the ball and send it back.

**What you need**
- Indoor or outdoor court
- Variety of balls of different size, weight and hardness
- 14 marker cones

**What to do**
- Set up the playing area as shown. The ‘barrier’ between the 2 teams is the no-go area.
- Divide the players into 2 teams.
- The ball is thrown across the barrier above waist height.
- The opposing team must catch the ball on the full or after one bounce and send it back.
- Players must catch and throw in one movement.

**Scoring**
Teams score points when:
- the ball touches the ground twice on the opponent’s side
- the opponents send the ball out of court
- the ball lands in the ‘no-go’ area from an opponent’s last touch.

Score to an agreed number of points (e.g. 10) or set a time limit (e.g. 5 minutes).

**Change it**
*Introduce passing* – maximum of 3 touches – ball must cross the barrier on the third touch.

**Learning Intention**
*No-go* is an inclusive activity which develops throwing and catching skills, spatial awareness and ball placement.
No-go

Coaching

> Players should visually track the ball as early as possible.
> Players try different formations to cover their side of the court.

Game rules

> Remove the ‘one bounce allowed’ rule – as players’ reactions improve.
> Identify specific target areas where points are scored, or count double.

Equipment

Easier – use slower balls, e.g. beach balls or even large balloons.
Harder – use smaller/faster balls.

Environment

> Vary the size of the court according to the number and ability of players – a small court makes it easier to get to a ball but needs more player communication.
> Change the size of the ‘no-go’ area – a larger ‘no-go’ area makes it harder, a smaller ‘no-go’ area requires greater accuracy.

Safety

> Make sure players are aware of the capabilities of others in the group.
> Encourage players to call ‘mine!’ when taking a catch.
> Ensure sufficient space between courts.

ASK THE PLAYERS

Ask the players to agree to rules that ensure everyone is included and has a role in the game.

Catchers

> ‘What can we do to ensure the whole court is covered?’

Throwers

> ‘How do you throw the ball to ensure a long rally?’ (cooperative play)
> ‘How can you use passing to your team-mates to help you score?’