On-court off-court rapid pass

4 passers on-court pass the ball around, each player trying to receive as many passes as possible. 2 other on-court players are taggers who try to tag a passer with the ball. Off-court, 2 players pass the ball to each other trying to reach a record total. The game is readily adapted to a wide range of ability levels. (8 or more players.)

What to do
Play for a set period, e.g. 30 seconds.

PASSING
- If a passer is tagged in possession of the ball they lose 2 points.
- Tag by lightly touching a passer – no touching on the head.
- **End-zone** – depending on player ability, designate a ‘no-go’ end-zone, which is out of bounds to other players.

TAGGERS
- **Change roles frequently** – after short periods of play, e.g. 30 seconds, taggers become passers and 2 on-court passers become off-court passers.

What you need
- Suitable playing area without obstructions with space between other groups
- 2 balls per group (volleyball size) or alternative
- Markers

Scoring
- **On-court passers** – attempt to catch as many balls as possible before being tagged.
- **Off-court players** – attempt to receive as many passes as possible in the set time.

Learning Intention
On-court off-court rapid pass is a fast, inclusive passing game. Passers learn to simultaneously bring into view team-mates and taggers.
Coaching

The game will provide many ‘coachable moments’ for you to highlight invasion-game fundamentals by using player role models:

- Team-mates positioning themselves to receive
- Passers evading taggers
- Players moving about without bumping into team-mates or opposition
- Communicating
- Deceiving the opposition.

Game rules

- **Taggers** – vary the number of taggers (more or fewer).
- Vary the passing method.

Equipment

- **Use different balls** – vary size, shape and hardness depending on the experience of the players.

Playing area

- Change the dimensions of the playing area.
- Create one or 2 in-court ‘islands’ where passers can move to (5 seconds maximum) without being tagged.
- **Change the distance** – between off-court passers.

Safety

- Ensure a smooth playing area with adequate space between players and other games.
- Create tag-free zones to equalise play as required.
- Overarm throws should be soft.
- The ball cannot be taken from another player’s possession.

ASK THE PLAYERS

Passers (on-court)

- ‘How can you help your team-mates?’
- ‘If you have the ball, is it best to “pass long” or “pass short”? ’

Taggers

- ‘How can you work with another tagger to be more effective?’