Transition Activity – ‘The Game with no name!’

<table>
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<th>Purpose of the game</th>
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<td>To teach students to recognise what transition is and that they must do two different things in the two different moments</td>
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<td>To develop team work and tactical problem solving, recognising ideas that do and do not work</td>
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<td>To develop open body shape and develop control through movement (Keeping the ball players and space in front of you)</td>
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**Rules:**
- Two teams; one team in bibs - both teams can move around anywhere they like within the playing area
- When you have the ball in your hands you yourself cannot travel, anyone that does not have the ball are allowed to move
- When you get the ball in your hands you have two choices; 1. Pass the ball to a team mate or 2. Throw it at the legs of the opposition
- If you get hit on your legs - you are out and go to stand on the out line - then one of the opposition players returns to the game
- Hands can be used to protect hits against the legs
- If the ball is thrown out of the area by one team the other team is handed possession.
- The only way to win is to eliminate all members of the opposite team.

**Tactical Tips:**
- Recognise the ‘two moments’ - the moment when your team have the ball, and the moment when you do not!
- When you do not have the ball get as far away from the ball as you can - but stay facing it
- When you do have the ball support your team mates with the ball by trying to move closer to opposing players thus making hits much easier.
- Try not to throw the ball at someone who is looking at you or from distance - they will block with their hands or catch it meaning that their team is now attacking and your team is defending!
- Move the ball quickly when in possession - each moment it stays still the opponents players are moving further away and will have time to react to any attacking throw
- Try not to give the ball away - if you do your team are no longer attacking - you will be defending!

**Equipment:** Bibs, suitable space; i.e. basketball/netball court sixed area and a soft ball

**Example movement**

Start: Team 1 ▢  Team 2 ▢

Ask the teams to start anywhere inside the area and stand still in a place that they think will be a good starting position;
You can see here that Team 2 (The green team) have much better starting positions – particularly those in the corners – as they can see all options – give the ball to them to start.

**Defensive movement:** (Red Team) Team 1 Should move as far away from the ball as possible - this will give them time to react and encourage the attacking team to throw the ball at them from distance.

**Attacking movement:** Supporting players should try to get close to the opposition so they throws are harder to block and give less time in which to react.

**Developing tactics:** Teams should look to work together to isolate and eliminate chosen players.