

EduTrend Contents

G4C · TEAM SPORTS GAMES · MIDDLE SCHOOL

Three-a-Side End Zone

A small-sided passing game where teams score by catching in the end zone, built on calling and spacing

Ages 11–13	Level: Intermediate	45 minutes	Teams of 3 · up to 30	Activity 03

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 03 · AT A GLANCE

Three-a-Side End Zone

Courts about 20 by 12 metres have an end zone at each end. Teams of three pass a ball; the player holding it cannot run, and a score is a catch in the end zone. Interceptions change possession. After each round, teams review one question: did we spread out and call for the ball? A rule change in round three adds a four-pass minimum before scoring.

Learning outcomes

By the end of the session students can:

- move into space to receive;
- call clearly for the ball;
- switch between attack and defence;
- adapt play to a rule change.

KEY WORDS

end zone · pivot · space · call · intercept · transition

CURRICULUM LINKS

PE: invasion games and tactics.
English: clear communication.
Maths: angles and distance.

1	2	3	4	5	6
WARM UP	**EXPLAIN**	**PLAY**	**ADAPT**	**TALK**	**COOL DOWN**
Get moving safely	One rule at a time	Short rounds	Easier or harder	What helped?	Calm and review

Materials (per court)

- Cones for courts and end zones
- One ball per court
- Bibs
- Worksheets 1, 2 and 3

Before the session

- Mark courts and end zones.
- Plan teams of three.
- Prepare rule cards.
- Assign a student observer per court.

SAFETY

No contact. Check spacing between courts. Stop play if anyone falls.

ACTIVITY 03 · SESSION PLAN

Step by step

Keep teams small so every player touches the ball often.

Time	What happens	Say or ask
0–8 min **Warm up**	Passing on the move.	*"Where is your partner going?"*
8–15 min **Explain**	Rules and walk-through.	*"Why can't you run with the ball?"*
15–38 min **Play**	Three rounds with reviews and a rule change.	*"Did you call and spread out?"*
38–45 min **Cool down**	Review observer tallies.	*"What changed after the four-pass rule?"*

CHALLENGE CARD (print or copy onto the board)

Score by spreading out and calling clearly, then adapt when the four-pass rule arrives.

ACTIVITY 03 · FACILITATOR NOTES

The game know-how in brief

Without running with the ball, players must create passing angles by moving into space, which is the core of most invasion games.

Small-sided games give each player more touches and decisions than a full match, which speeds up learning (the idea behind Teaching Games for Understanding).

Common ideas to listen for

- “Stand next to the ball carrier.” Move to space.
- “Shouting is calling.” Say a name and where.
- “Defence is someone else’s job.” Everyone switches.

Adapting the activity

Support

Allow two steps with the ball.

Stretch

Add a one-touch rule in the end zone.

WORKSHEET 1

Observer tally

Name: _____ Class: _____ Date: _____

Tally for one team.

Observer tally

Round	Passes	Calls	Interceptions	Scores
1				
2				
3				

WORKSHEET 2

Rule change review

Four-pass minimum.

Rule change review

Question	Answer
What changed?	
Was it harder?	
What did you do differently?	

WORKSHEET 3

Space and calling

Explain in your words.

Good spacing and calling help a team because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Moves into space	Calls clearly	Adapts to rule change

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Three-a-Side End Zone is a sample activity from the EduTrend Contents G4C Team Sports Games programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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