Teams develop a routine that contains some of the following elements:
- random hitting to other players in the circle
- hit to every player in the circle in a set order
- hit around the circle in one direction then back the other way
- hit up to the middle of the circle and the person next to the hitter steps into the middle and hits it up — all players then have a turn, continuing around the circle twice
- hit and follow to replace the person the ball is hit to as he or she hits it to another player — pass and follow
- a player in the middle who hits the ball back to each person in order — all players have a turn in the middle
- hit back and forth at speed in a zigzag pattern to the three players in opposite halves of a circle
- walk/march/jog around in a circle and hit the ball over the head for the next person (for advanced groups).

Suggestion
Players learn the basic aspects of the routine and then work out their routine. When this is mastered they look to include more creative aspects to the performance.

Performance considerations
- Introduce two or more balls as part of the routine (for advanced groups only).
- Show hits with both hands/arms up to the elbows.
- No gymnastic stunts such as handstands are allowed, but under the legs, high hits, kneel or sit down, behind the back, jumps into the air to hit the ball, turns, hand claps (individually or as a group) can help with a creative performance.
- For some stunts players may tap/block the ball in the air with one hand and hit it with the other.
- Players must not move more than 1 metre back from the marked circle.

Judging
The overall performance of groups can be judged on criteria related to skill, teamwork, elements of the routine, flow and movement, originality, and overall appeal. Dropped balls, etc. are ‘penalised’ in the final assessment.

Comment
Different age groups will have different elements to include in their routines. For very young players it may be a case of compiling as many hits as possible in a set time, hitting in a set order, and basic ‘tricks’ or skill variations.

Teaching points
- Players in a circle. Palms of hand up.
- Ready and go.
- Well done. Keep going.
Game play and basic rules

- The ball is dropped and kicked high into the air using the instep of the foot. Players then attempt to secure the ball. The player who takes possession of the ball kicks it in the air and again a scramble for the ball ensues. Players may not dive on the ball on the ground to secure it and must try to avoid physical contact as much as possible. It is usual for the players to attempt to catch the ball, but if it is knocked or dropped to the ground by players it is still in play.

Variations

- Players are in groups 15–20 metres apart. When a player catches the ball he or she kicks it towards the other group of players, who attempt to catch the ball. This works very well as a lunchtime or physical education class skill activity.

Fast play. Use a number of light balls. One or two designated players kick balls high into the air for other players to chase and gather. The balls are handed back to the kickers and play continues in this manner. Change around kickers and observe safety factors — the kickers should kick balls in different directions. If players catch the ball without it hitting the ground or after it bounces, they are acknowledged.

Safety

Restrict the amount of physical contact. Stop the activity immediately if safety is compromised.

Teaching points

- Spread out. Ready.
- Kick it high. Drop the ball to foot and kick.
- Call for the ball. No contact.
- Good catch. Let them kick.
- Keep going.