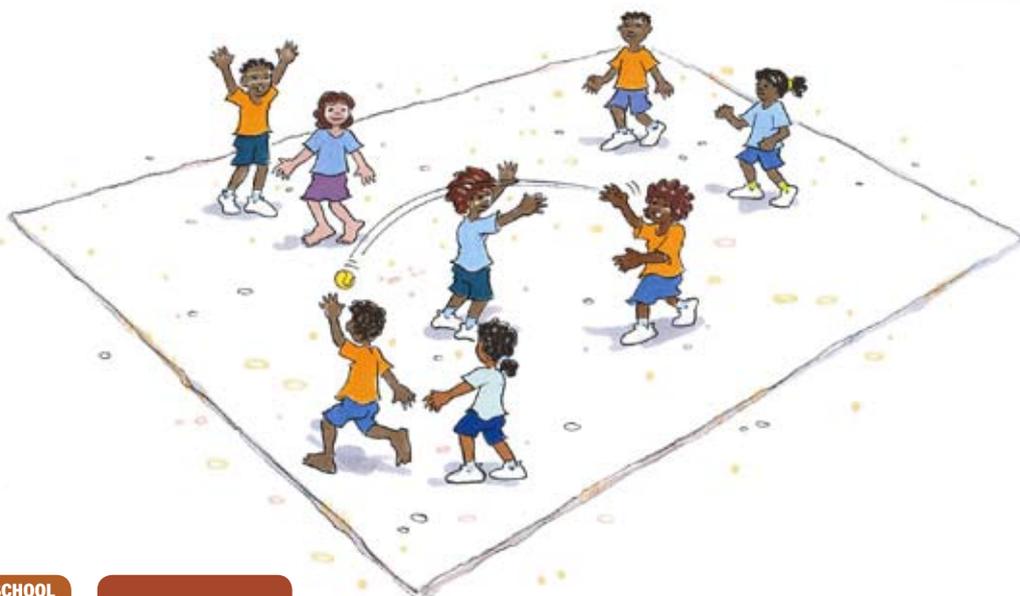




Australian Government
Australian Sports Commission

puldjungi

'puld-jun-gi'



SCHOOL
YEARS
4–6

SCHOOL
YEARS
7–9

SCHOOL
YEARS
10–12

Post-school age

Background

In one area of Victoria the ball game of *puldjungi* was played. Two sides (*nangkera*) were chosen and a ball was kicked up between them by a non-player. When it was caught by a player of one side they attempted to throw it to one of their own team.

The ball was thrown from the shoulder and caught with one hand — if both hands were used it was regarded as slowing down the game.

The ball was kept as long as possible by members of one side and the team that kept it the longest was the winner. Players who demonstrated their skill in keeping the *puldjungi* in the hands of their *nangkera* were given a *priyinni* (headband) made of white swansdown and skin with white feathers fixed upright around it.

Short description

This is a team keep-away game with throwing and catching using one hand only.

Players

- Teams of four to eight players

Playing area

- An area suitable to the activity is marked

Equipment

- A tennis ball or a small covered sponge ball or similar

Game play and basic rules

- Players spread out in the playing area. A team attempts to pass the ball to all players in the team, with the ball able to be passed to the same player more than once. The ball can only be thrown and caught or deflected with one

hand. No hitting of the ball with a closed fist is permitted.

- When a player has the ball he or she may run with it for a short distance (3–5 metres) in attempting to pass to another player. The game is played very quickly and if a player attempts to slow the game down by holding onto the ball for too long (more than 2–3 seconds) he or she loses possession.
- Passes must be at least 3 metres long and a player may not pass the ball back to the player who passed to him or her.
- Passes may be intercepted, but physical contact with another player must be avoided. Players may only defend from at least 1 metre away. When a ball is dropped or goes out of the playing area the opposing team gains possession.
- For any infringement the other team gains possession of the ball.

Variations

- Play with three teams in the playing area.
- The ball may be bounced on the ground in attempting to make a pass.
- Players are encouraged to tap or deflect the ball to other players of the same team.
- The ball must be kept below shoulder height.
- Use different types of balls.
- A team attempts to keep possession for a set number of passes (such as ten).

Teaching points

- Spread out in the area. Move around.
- Ready. Go.
- Pass to your own team. Pass and move.
- Call for the ball. Use one hand only.
- Watch out for other players.
- Defend someone. No contact.
- Quick passes. Keep going.