

Learning Intention

To practice throwing accuracy when aiming at a moving target.



Skill Focus

Accuracy, catching, fielding, throwing



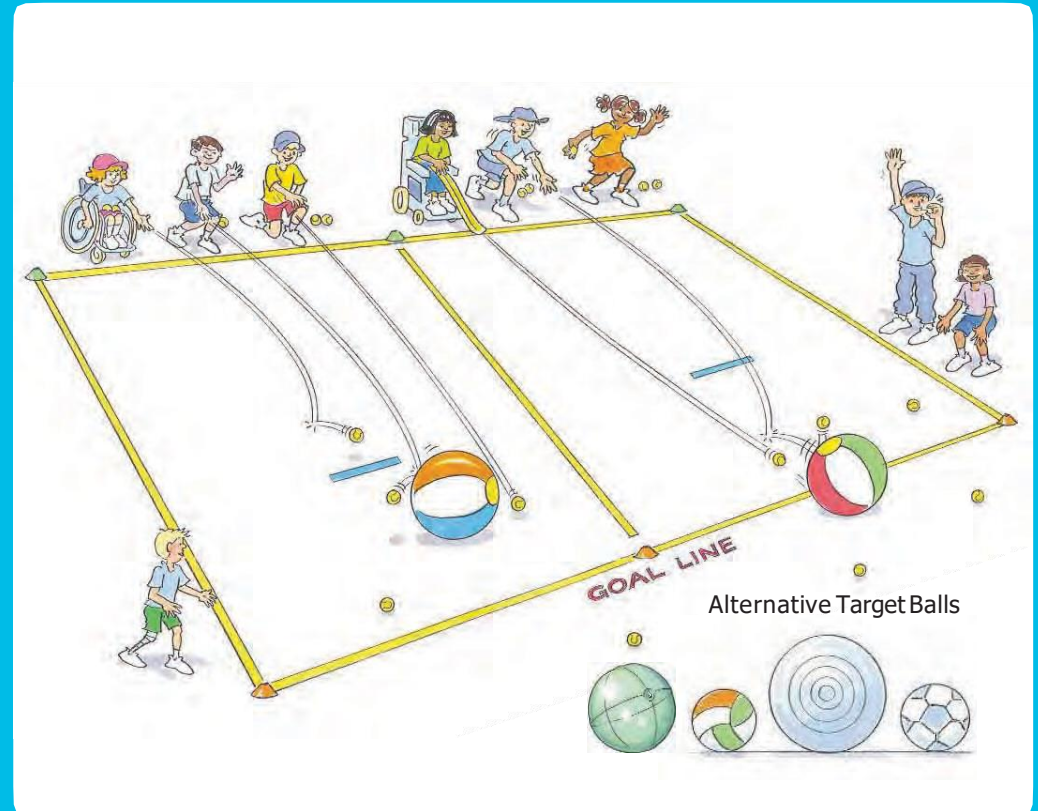
What you need

- Markers or cones
- At least 2 tennis balls or alternative balls for each participant
- **A number of different target balls, e.g. beach ball or fit ball**
- Ball sending ramp if required



What to do

- Divide players into 2 equal teams.
- Mark out goal lines at an appropriate distance from players' throw line.
- Both teams are both positioned on the throw line.
- Target balls are placed 2–3 metres from the throw line.
- **Teams score by being the first to knock their target ball across the goal line.**
- Both target balls are reset after each goal.
- No balls thrown above waist height.
- **Players must use an underarm throw, propel ball with foot or use a ball sending ramp.**





Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Suggest waiting until the target ball stops moving before throwing. This will increase chance of success.
- Encourage teams to discuss strategies of how to work best as team.
- Divide players into even ability teams.

Rules

- **To increase difficulty, specify the** method of propelling the ball, e.g. ramp only or backspin only.
- Play for a set period of time or agreed number of goals.
- **As skills increase, try different** throwing styles e.g. overarm throwing, underarm throwing or side-on stance.

Equipment

- Use a bigger, lighter target ball for greater success e.g. a slightly **deflated beach ball**.
- As skills increase, use a smaller or heavier target ball and limit the amount of balls per team.

Environment

- To increase success and scoring, shorten the distance between the players and goal lines.
- To make the game more challenging, increase the distance between the players and goal line.
- Position the game close to a wall so collecting balls is easier.
- Position a player from each team outside the playing area to collect loose balls. They return the balls to their team mates who use to continue playing the game.

Safety

- No balls propelled above waist height.
- **Ensure sufficient space between** teams.
- Players must stay out of playing area when the game is in play.
- Collect balls after the instructor has called 'stop' in play.

Ask the players

- What type of throw works best to **make the target move?**
- Where is the best position to hit the **target ball from?**
- **Is throwing more effective than rolling?**
- How can you work as a team to get **the target ball over the goal line?**