



Australian Government
Australian Sports Commission

SPORTS ABILITY

Target Games

Attack and Defend Boccia

A game that develops teamwork, accuracy and tactics.

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 similar for each participant
- A variety of target balls e.g. beach ball, soccer ball or fit ball
- Ball sending ramp if required



What to do

- Divide players into 2 teams of 3 or more.
- Mark out 4 zones for the playing area.
- Teams are positioned on each of the back lines (throw line)
- Teams score by:
 - knocking the target ball across the opponents' goal line
 - having balls closer to the target ball after all balls have been thrown.
- Players must use an underarm throw, propel ball with foot or use a ball sending ramp.



Curriculum links

ACPMPO43, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

F-2

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Teaching Style · Rules · Equipment · Environment

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

Teaching style



- Encourage teamwork e.g. players who can throw the ball further 'attack', while others 'defend' by throwing when the target ball approaches their goal line.
- Develop tactics e.g. nominate a defender to keep a ball to defend.
- Encourage players to aim just in front of the ball in the direction it is moving.

Rules



- To make the game easier. Each team has 3 turns at throwing before the other team has their turn.
- To increase difficulty:
 - specify the method of propelling the ball, e.g. ramp only or backspin only
 - teams take alternate turns at throwing

Equipment



- Increase the amount of balls per player.
- 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



- Shorten the distance between teams to increase the chance of success.
- To increase the challenge, lengthen the distance between the teams.
- 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.
- No overarm throws.
- Players must stay out of playing area when the game is in play.

Ask the players



- Where did you aim your throw to hit the moving ball?
- How could you work as a team to defend your line?
- How could you work as a team to attack your opponent's line?
- What throwing technique was best for hitting the ball back towards your opponent's line?