# Choose the Target

A game to develop accuracy and game strategies.

## Learning Intention

To refine shot placement and accuracy and to develop and practice team strategy for scoring the highest points.

## Skill Focus

Throwing, rolling, shot placement

## What you need

- Boccia balls or alternatives (see Equipment)
- Variety of targets e.g. hoops, skittles, marks on the floor/ground
- Suitable indoor or outdoor playing space



## What to do

- Divide players into two equal teams.
- All players should be seated.
- Teams sit at one end of the playing area.
- Targets are placed at a suitable distance, one for each team.
- Players aim at their own colour target area (score 1 point for each ball in the target) or they can choose to aim at the other team's target and knock their opponent's balls out.
- After everyone has thrown, add up the scores.
- Play to an agreed number of throws, or use a time limit.
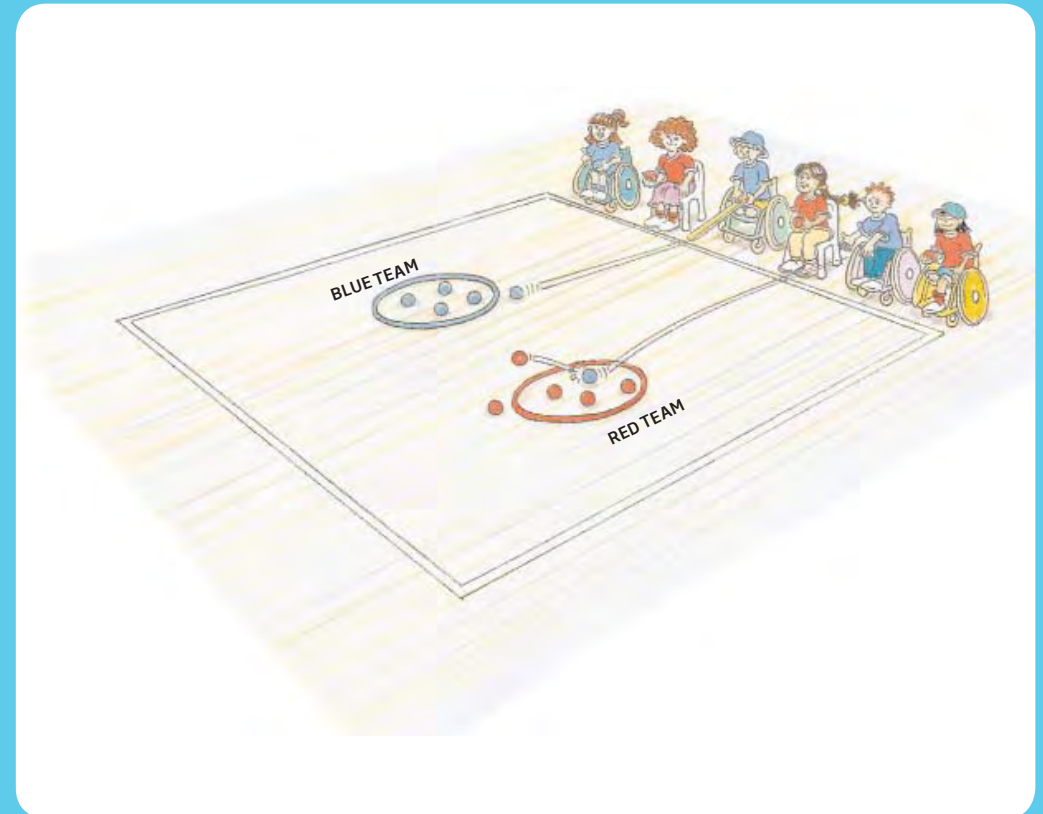
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# SPORTS ABILITY

Choose the Target

## 🌳 TREE

### Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

### Teaching style
- Encourage players to try different styles of propelling the ball:
  - rolling the ball
  - underarm throw
  - overarm throw.
- Think of ways in which players can improve their aim:
  - aim in front of the target and let the ball roll in
  - when throwing, try to release the ball when the hand/arm is extended towards the target.

### Rules
- Introduce rules gradually, e.g. players aim only at their own hoop at first.
- Designate certain players as 'strikers', only they can attack the opposing team's target. Alternate strikers every game.

### Equipment
- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- If possible use different coloured targets – ideally, red for the team with red Boccia balls, blue for the opposition team.
- Experiment with different types of targets, e.g. elevate the target area to change the angle of the throw.
- Use obstacles e.g. for every successful scoring throw, the other team can place an obstacle in front of the opposing team's target.

### Environment
- Change the distance of the targets, e.g. near or far.
- Change the size of the targets, e.g. bigger or smaller.
- Vary player positions:
  - players form a circle around the targets, with players standing alternately
  - teams face each other with the targets between them.

### ! Safety
- No one enters the target area during play.
- Ensure players know who is throwing next.
- If using a circle formation ensure all players are watching play in case a shot is misdirected across the circle.

### ? Ask the players
- What strategies can your team use to score the most points?
- How can you make it more difficult for your opponents to score points?