Bullseye

Players in small groups roll or throw a ball to a target aiming to score maximum points.

What you need
> Indoor or outdoor playing area
> Chalk, hoops, markers or ropes to form 3 concentric circles on the ground
> Throw-line 3 meters from target
> 3 bean bags (or similar non-rolling object) per player.

What to do

Setting up
> Form small groups (e.g. 4 per group).

Playing
> Each player rolls or throws the ball to the target area.
> One throw per player before balls are retrieved.
> Repeat for a given number of rounds (e.g. 5 throws for each player).

Scoring
> Points are scored depending on where the ball stops in the target area.
> Players note whether their score improves from round to round.
> You may wish to set a target score, such as 20 or more, for the 5 rounds.

Teaching tips
> Swing your arm in the direction of the target so you end up pointing at the target after you release the bean bag.
> Adjust the direction and force of your throw based on your previous attempt/s.

LEARNING INTENTION
Bullseye supports students to explore different ways that they can throw the ball for accuracy and control.
**Coaching**

- Try pairing players and provide some ‘what to look for’ throwing or rolling tips. The ‘observer’ provides the ‘thrower’ with feedback.
- The leg opposite the throwing/rolling arm is in front. A good way of coaching this is to select a role model and ask the players questions.

**Game rules**

- Include everyone by allowing kicking. Remember the object of the game is to send a ball to a target. A kicking option opens the game to players who may not be able to throw the ball.
- Increase or decrease the distance from the throw-line to the target. This adjustment helps to accommodate different player abilities. This option may be offered from the start.
- If buckets are used as targets, the activity can be made harder by requiring the ball to land in the bucket.
- Vary the method of sending the ball (e.g. throw, roll, kick, strike).

**Equipment**

- Slower ball/faster ball; larger ball/smaller ball. Which is best for rolling/throwing?
- A non-rolling object, such as a bean bag, may be used with a wall target.

**Playing area**

- Making the target size bigger, or the distance to the target smaller, makes the activity easier.
- If a wall target is used, the activity can be made harder by requiring players to stand side-on to the target.

**Safety**

- Players do not retrieve balls until the round is finished.
- If a target is placed on a wall, players should be aware of the rebound.
- Ensure sufficient space between groups.

**Ask the players**

- How can you change your technique if the ball is not hitting the target (e.g. force, arm swing, step-throw)?
- What can you do if your throw is making the distance but not hitting the centre of the target (e.g. change starting point, aim/target line, release point)?
- Which rolling or throwing technique gives the most accuracy?
- Will your throwing technique change for a wall target?
- What changes can you make if the ball goes too far/too short?