Playing for life

SPORTING Schools
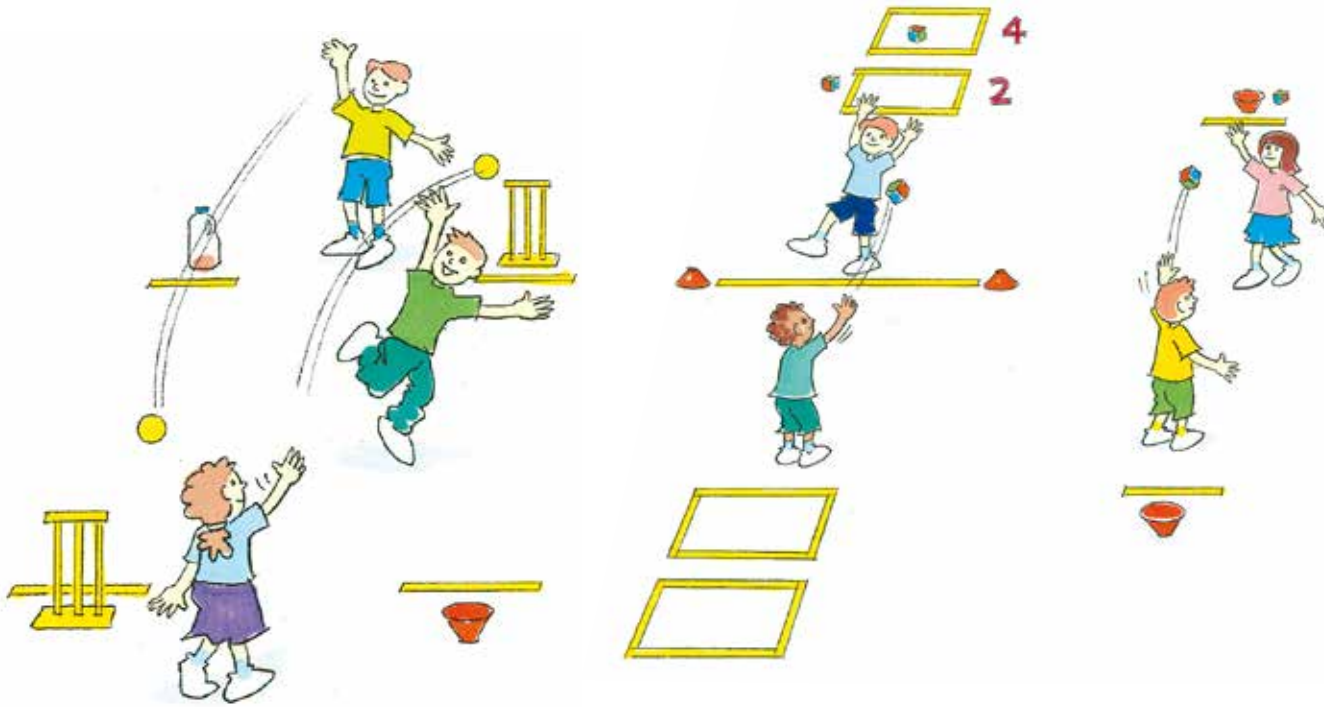
SPORTAUS

F-2　3-4　5-6　SKILL DEVELOPMENT

Target and intercept

One player with a bean bag attempts to throw it past an interceptor to hit or land on a target. Play in pairs or other combinations.

What you need

> Indoor or outdoor playing area – marked as shown

> Targets as shown

> One throwing object for each pair – choice will depend on targets chosen. An option requires additional throwing objects

What to do

> Play for a set period (e.g. 90 seconds).

> Discourage delays in throwing.

> Allocate more points for more distant targets.

> Restrict the distance between a player's and an opponent's target (e.g. 1m in front).

Scoring

> Number of targets scored in the period.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION

AGILITY

PERCEPTUAL AWARENESS

TACTICS

AC:HPE CONTENT DESCRIPTIONS

ACPMP008
ACPMP025
ACPMP043

LEARNING INTENTION

Target and intercept combines the attacking and defending skills of an invasion game with accurate target-throwing.

Target and intercept

Coaching

> Set up the playing area to facilitate smooth player 'traffic flow' from one activity to the next.
> Use this activity as a warm-up or transition to a variety of target or invasion games.

Include all

> **Zone the thrower** – restricting the thrower to a zone will make it easier for a player with limited mobility.

Game rules

> Play 2 v 1.
> Allow the thrower to move to any position.
> **2 balls** – provide a throwing object for each player who will simultaneously attack and defend. The round stops when the first target is hit. Resume with each player having a throwing object.
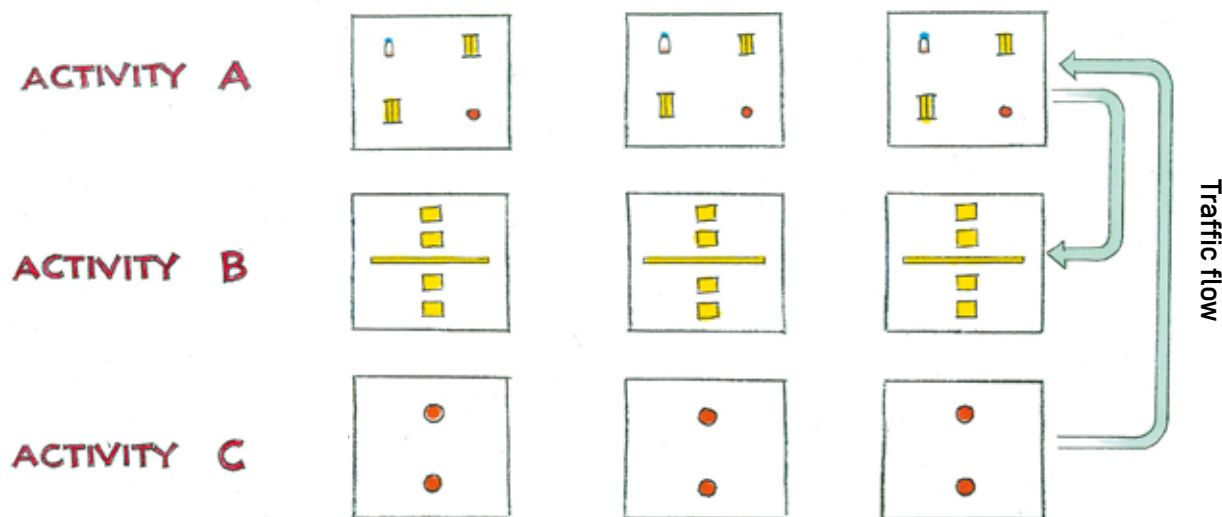
Playing area

> Vary the distance between targets.
> Vary the target (bigger, smaller).
> Use more targets.

Safety

> Allow sufficient distance between pairs.
> If a player needs to go into other players' areas, the player should wait for the game to stop.

Traffic flow between stations

ACTIVITY A

ACTIVITY B

ACTIVITY C

Traffic flow

Ask the players

Throwers
> What will you do to hit the most targets?

Interceptors
> What will you do to defend your targets?