

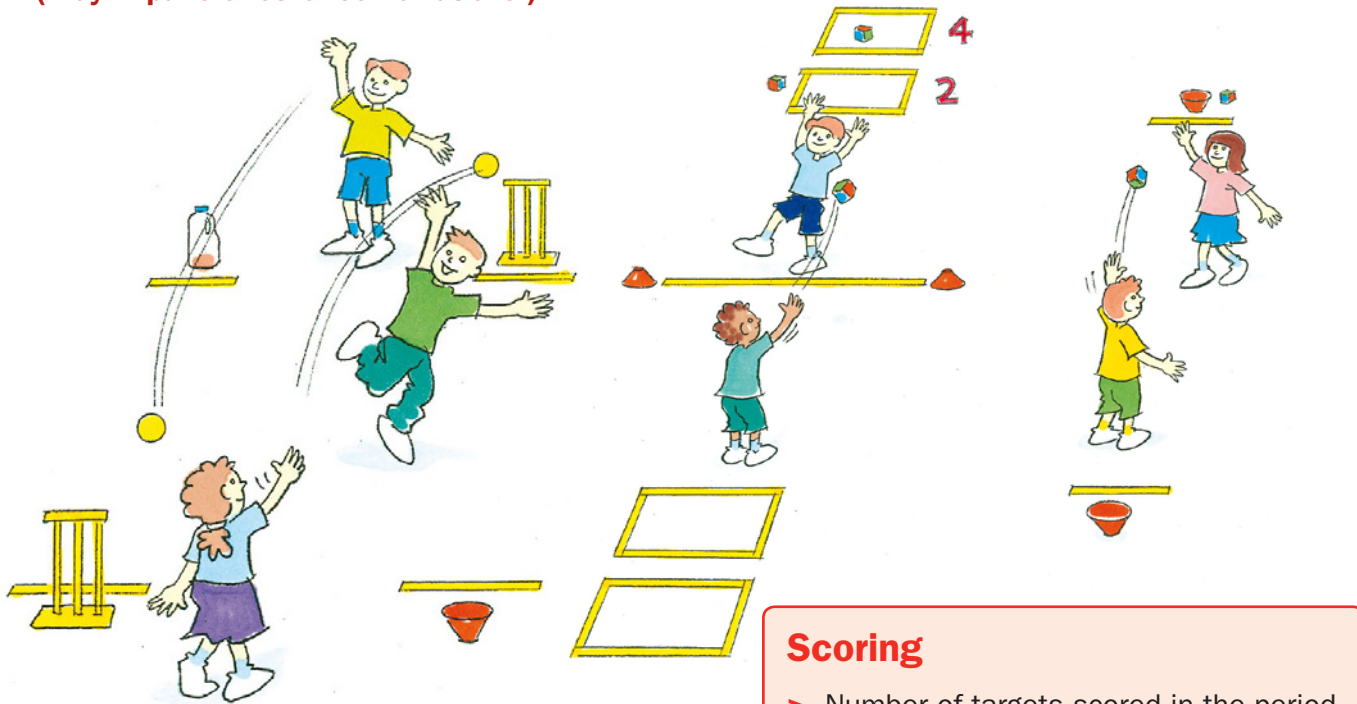


Australian Government
Australian Sports Commission



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.)



Scoring
> Number of targets scored in the period.

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.

SKILL FOCUS

ACCURACY
THROWING

CONTENT DESCRIPTIONS

ACPMIP008
ACPMIP025
ACPMIP043

LEARNING INTENTION

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

Target and intercept

change it...

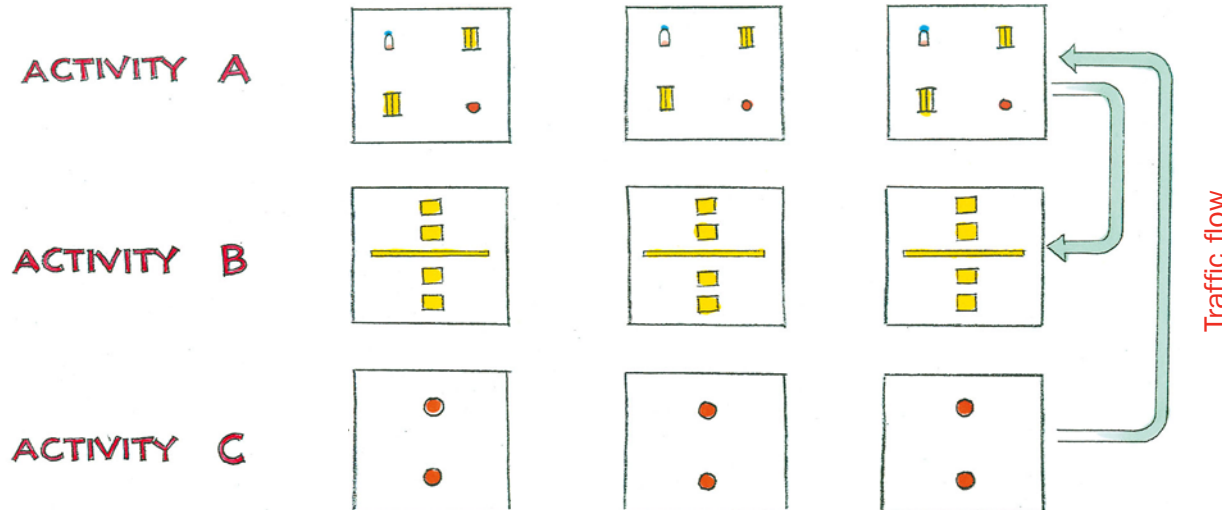
Coaching

- > 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.

Traffic flow between stations



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.

ASK THE PLAYERS

Throwers

- > 'What will you do to hit the most targets?'

Interceptors

- > 'What will you do to defend your targets?'