Bombard

2 or more teams working in parallel throw tennis balls at a large target ball and try to move the target ball over a goal line. 4 or more players.

**What you need**
- Playing area about the size of a volleyball court divided into separate areas
- 2 tennis balls per player
- 1 target ball – a slightly deflated beach ball is best for hard surfaces. An inflated ball is suitable for grassed areas.

**What to do**

**Setting up**
- Target balls are placed 2–3 meters from the start line.
- Teams move in parallel and in the same direction.

**Playing**
- Players may roll, throw or kick the tennis balls at the target.
- If necessary, call 'STOP!', allowing players to retrieve balls that are in their playing area – this may include some opposition balls. Restart play once all players have moved back out of the playing area.
- Allow time-outs to discuss tactics.

**Scoring**
- First target ball to cross the goal line scores a point.

**LEARNING INTENTION**
*Bombard* is a target activity that combines accuracy, tactics and fun.
Coaching
> Allow players some time to experiment and use role models to share findings with the class as a whole.

Game rules
> Throwing variations – overarm throwing, underarm one-handed (like a tenpin bowling action), side-on stance, using both hands.
> Play for a set period [e.g. 3 minutes].
> Vary team sizes to make the activity more equal.
> If a player is not able to throw/roll a ball, allow kicking.

Equipment
> Vary the target ball – test different target balls before session to ensure they will move when hit.
> Vary the throwing ball – choice will depend on availability. Try a mixture [e.g. tennis balls and softballs]. For a larger target such as a Swiss ball, use larger/heavier throwing balls such as volleyballs or soccer balls.

Safety
> Ensure sufficient space between groups.
> No one goes into the throwing area during play.
> At no time should balls be thrown at or in the direction of other players unless soft balls are used.
> Re-read the instruction about retrieving lost balls.

Ask the players
> What is the best way to make the target ball move [e.g. keep the target moving with a constant barrage of balls]?
> What type of throw works best?
> Where is the best position to hit the target ball from?
> Is throwing more effective than rolling?
> Is a horizontal throw better than an oblique one?
> What did you most enjoy when playing this game?
> How could you change this game to increase enjoyment?
> How can you adjust the amount of force you produce when throwing? How can this help your team?