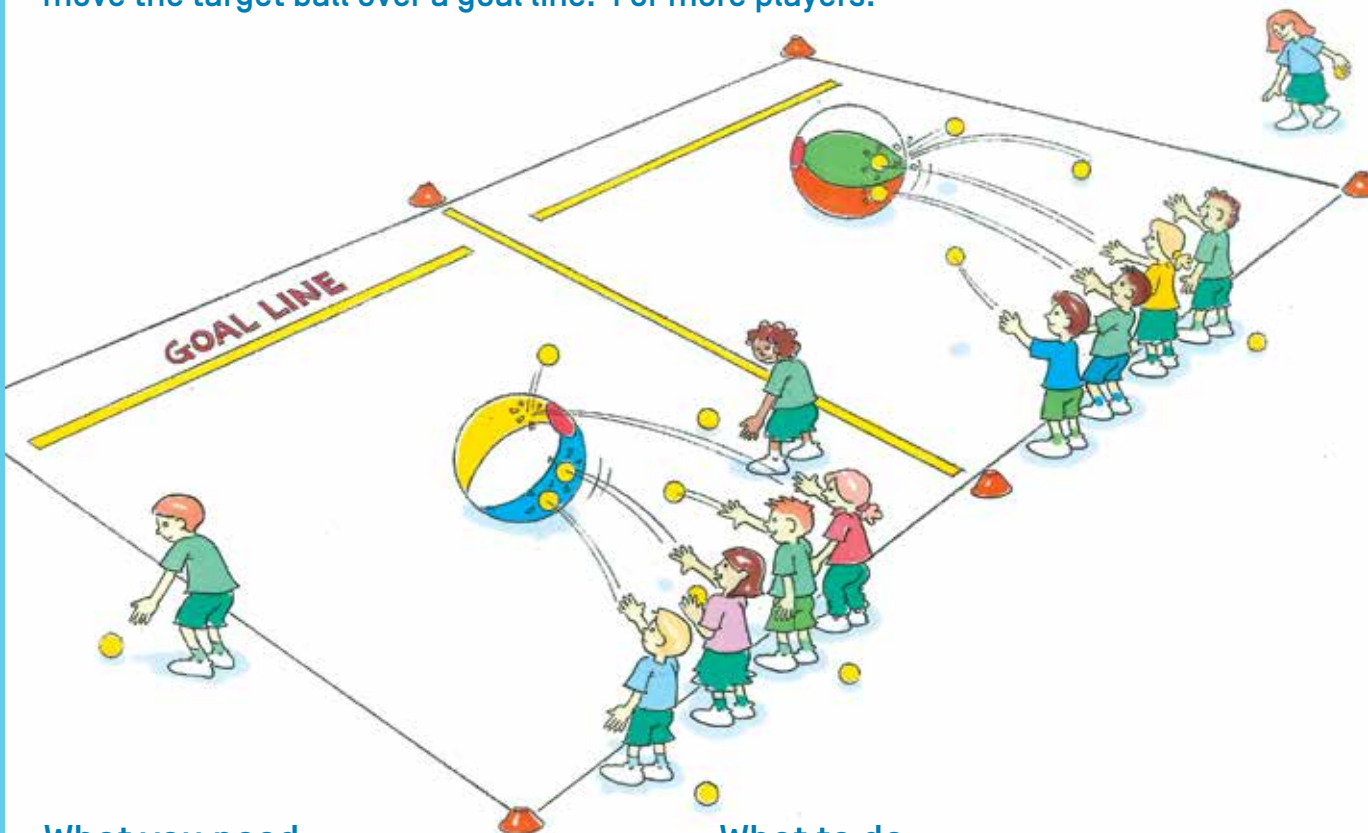


SPORTAUS



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.

TIME OUT



LET'S ROLL MORE BALLS!



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.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION

ENGAGEMENT AND ENJOYMENT

CONTENT KNOWLEDGE TACTICS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43
ACPMPO63

Coaching

- > Allow players some time to experiment and use role models to share findings with the class as a whole.

Game rules

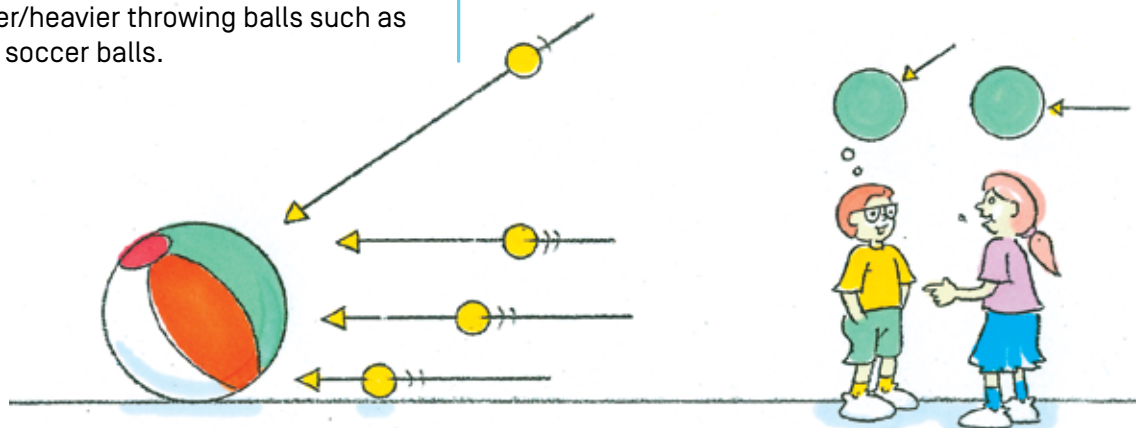
- > **Throwing variations** – overarm throwing, underarm one-handed (like a tenpin bowling action), side-on stance, using both hands.
- > Play for a set period (e.g. 3 minutes).
- > Vary team sizes to make the activity more equal.
- > If a player is not able to throw/roll a ball, allow kicking.

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.

Playing area

- > Vary the starting distance (player to target ball).
- > Vary the position of the goal line (closer/further).



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?