**Learning Intention**
To practice throwing accuracy when aiming at a moving target.

**Skill Focus**
Accuracy, catching, fielding, throwing

**What you need**
- Markers or cones
- At least 2 tennis balls or alternative balls for each participant
- A number of different target balls, e.g. beach ball or fit ball
- Ball sending ramp if required

**What to do**
- Divide players into 2 equal teams.
- Mark out goal lines at an appropriate distance from players’ throw line.
- Both teams are both positioned on the throw line.
- Target balls are placed 2–3 metres from the throw line.
- Teams score by being the first to knock their target ball across the goal line.
- Both target balls are reset after each goal.
- No balls thrown above waist height.
- Players must use an underarm throw, propel ball with foot or use a ball sending ramp.
### Teaching Style
- Suggest waiting until the target ball stops moving before throwing. This will increase chance of success.
- Encourage teams to discuss strategies of how to work best as team.
- Divide players into even ability teams.

### Rules
- To increase difficulty, specify the method of propelling the ball, e.g. ramp only or backspin only.
- Play for a set period of time or agreed number of goals.
- As skills increase, try different throwing styles e.g. overarm throwing, underarm throwing or side-on stance.

### Equipment
- Use a bigger, lighter target ball for greater success e.g. a slightly deflated beach ball.
- As skills increase, use a smaller or heavier target ball and limit the amount of balls per team.

### Environment
- To increase success and scoring, shorten the distance between the players and goal lines.
- To make the game more challenging, increase the distance between the players and goal line.
- Position the game close to a wall so collecting balls is easier.
- Position a player from each team outside the playing area to collect loose balls. They return the balls to their team mates who use to continue playing the game.

### Safety
- No balls propelled above waist height.
- Ensure sufficient space between teams.
- Players must stay out of playing area when the game is in play.
- Collect balls after the instructor has called ‘stop’ in play.

### Ask the players
- What type of throw works best to make the target move?
- Where is the best position to hit the target ball from?
- Is throwing more effective than rolling?
- How can you work as a team to get the target ball over the goal line?