



SPORTS ABILITY

Target Games



Learning Intention

To practice throwing accuracy when aiming at a moving target.



Skill Focus

Accuracy, catching, fielding, throwing



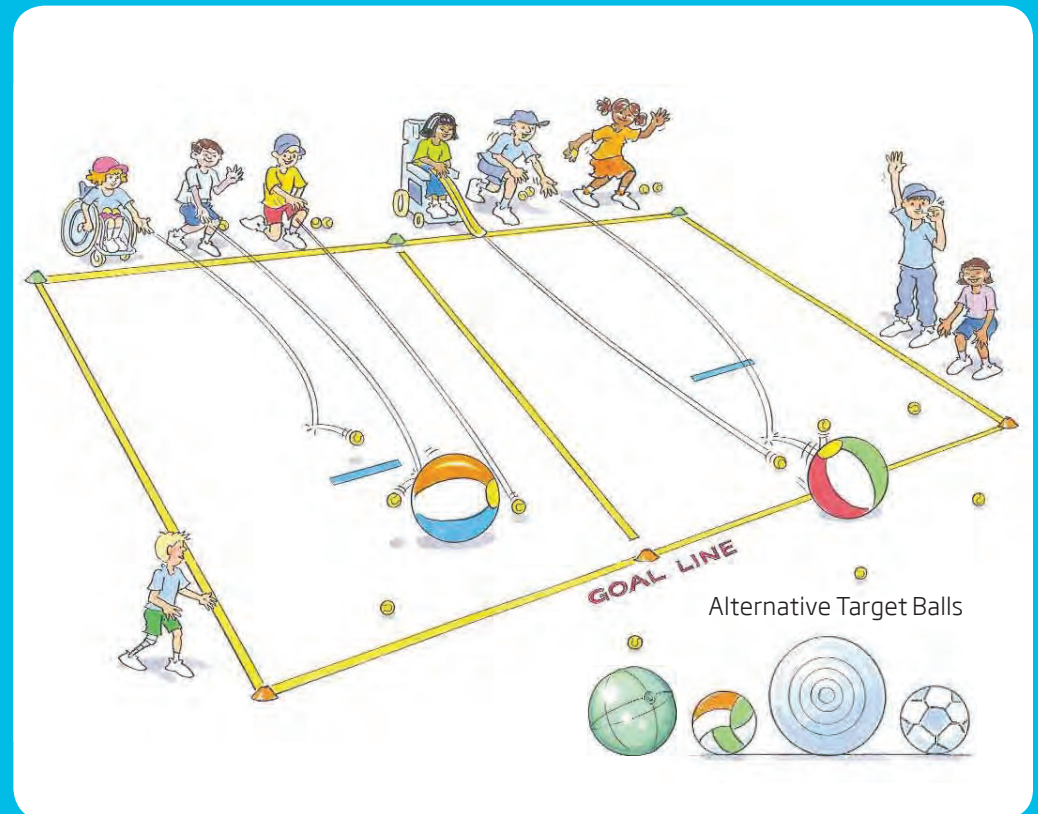
What you need

- Markers or cones
- A number of different target balls, e.g. beach ball or fit ball
- At least 2 tennis balls or alternative balls for each participant
- 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.



Curriculum links

ACPMPO43, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082





Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

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?