



Australian Government  
Australian Sports Commission

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# Target throw & run

SKILL FOCUS

CATCHING STRIKING THROWING

CONTENT DESCRIPTIONS

ACPMP043

A 'thrower' throws a ball at a target and then runs to a base and back before fielders place the ball on the 'thrower's' area. (Play with 5 or more.)



### PLAYING

- > Ball is thrown at target and the thrower runs around the base. A bonus point is received for a hit.
- > The fielders collect and throw the ball to team-mates and attempt to place it on the 'launch pad' before the thrower returns.
- > If fielders beat the thrower, the thrower becomes a fielder and the fielder the new thrower – ensure all fielders have a turn.

### Change it

- > **Roll the ball**
- > Provide targets at different distances. Each has a 'strike value', e.g. 5, 3 and 2 points.
- > Vary the distance to target and base, type of throw, vary the target, (type and size), fielding positions, instead of running try an on-the-spot activity, e.g. tuck jumps.

- > If a player has limited use of arms/hands use a ramp to aim ball at the target. Alternatively the ball may be kicked.



INSTEAD OF RUNNING TO BASE

### Safety

- > Other player awareness during fielding.
- > The thrower should look out for fielders on return to the 'launch pad'.

### LEARNING INTENTION

Target throw & run refines accurate throwing/rolling and develops fielding skills including communication with other fielders.