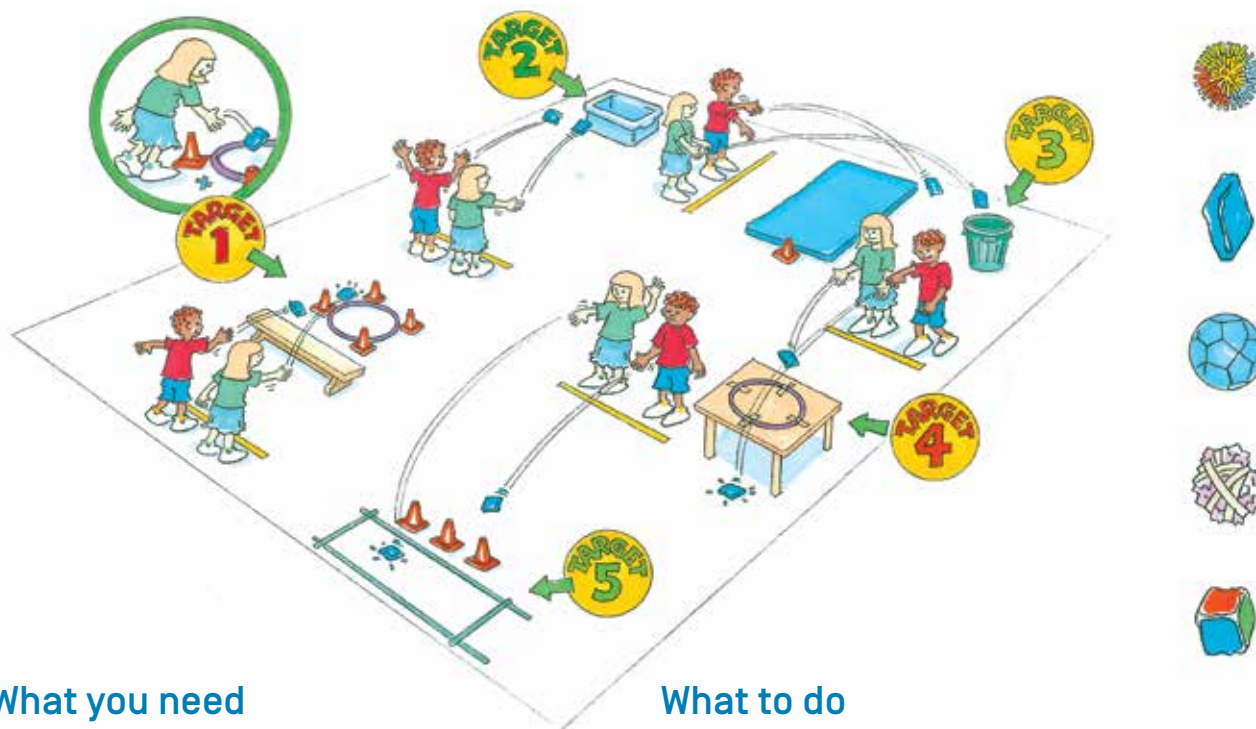




Throlf

As in golf, a course with 'holes' is established. Players move around the course attempting to reach the target in the least number of throws.



What you need

- > A range of 5-6 targets, set up at different heights over a course (indoor or outdoor)
- > Small bean bags or hacky sacks, one per player, or any other suitable object that 'stops where it drops' (scrunched-up paper and tape makes a useful 'ball')
- > Objects to create obstacles and barriers, such as towels, gym mats or benches
- > A numbered flag or card for each 'hole'

What to do

Setting up

- > Establish the course and spread the players out on it.

Playing

- > Players throw from a start line ('tee') next to each target.
- > The next shot is taken from where their bean bag (or similar) lands.

Variation

- > Work in 2s or 3s and count the lowest score for each target.
- > Allocate different scores to the targets.

Change it

- > Roll instead of throw.
- > With a small group, players are blind-folded. Use sound or verbal cues and bigger targets.

Scoring

- > Score = total number of throws to reach all targets
- > The lower the score the better

LEARNING INTENTION

Throlf puts measured throwing and rolling skills into a fun context. A useful lead-in to games like bocce, bowls, tenpin and golf.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION RELATIONSHIPS

CONFIDENCE MOTIVATION

RULES STRATEGY AND PLANNING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO25
ACPMPO43
ACPMPO61

change it...

Coaching

- > Ask the players how they can ensure everyone is included.
- > Highlight to the whole group good examples of throwing or rolling.

Game rules

- > The player furthest from the target after the opening throw plays first – this mirrors golf and bocce.
- > Set a maximum number of throws per target and/or the whole course (like 'par' in golf). Involve the players in this decision after the first round.

Easier

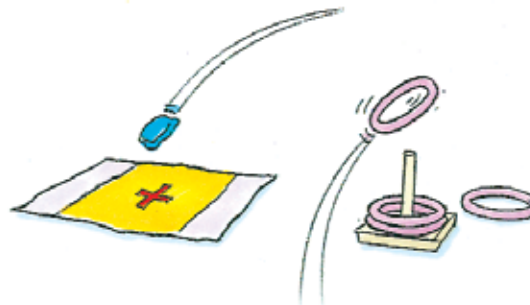
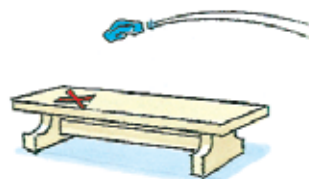
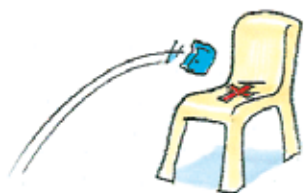
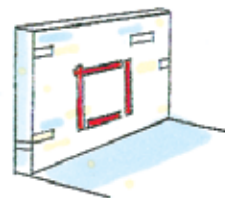
- > Shorter distances
- > Bigger targets
- > No obstacles or barriers

Harder

- > Longer distances
- > Smaller targets
- > More obstacles or barriers

Equipment

- > Vary the throwing object.
- > Use skittles or empty plastic milk bottles instead of targets.
- > Vary the targets.



Playing area

- > Adjust the course so that players rolling the ball can participate equally.
- > Create the equivalent of water hazards and bunkers [e.g. a blue blanket for a water hazard or an old gym mat for a sand bunker].
- > Vary the distance from the throwing line ['tee'] to the target.

Safety

- > Don't start play if players are still around the target.

Ask the players

- > How can you approach the target from an obstacle like a bunker [e.g. take the shot sitting down]?
- > What different throwing/ball sending techniques have you used?
- > How can you assess your performance in the game or at one hole?
- > What could you change to be more accurate?