



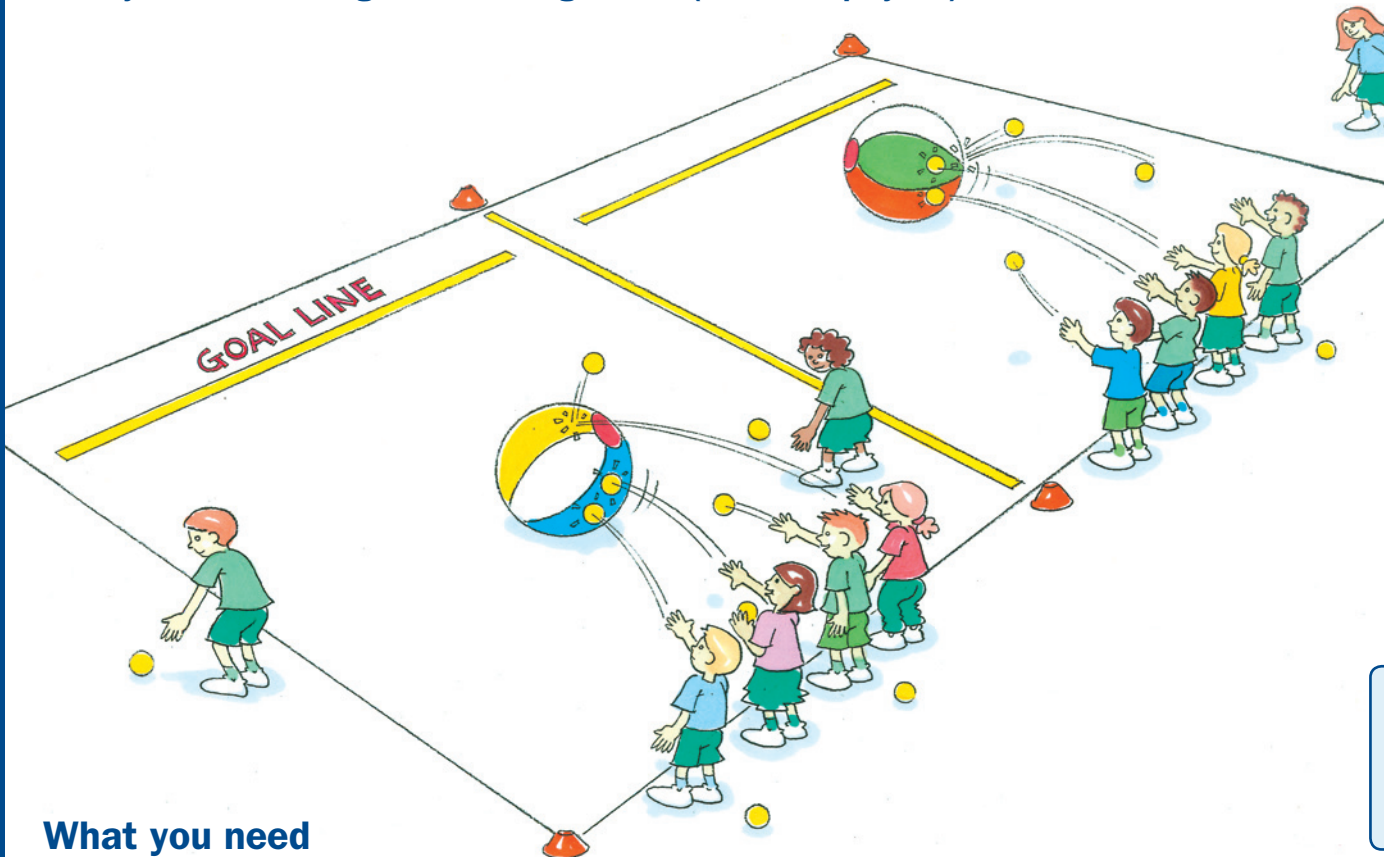
Australian Government
Australian Sports Commission

EASY MED HARD



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 metres from the start line.
- > Teams move in parallel and in the same direction.

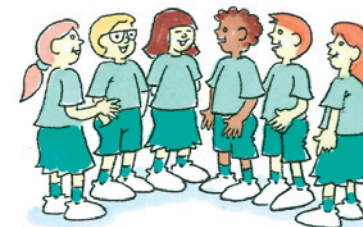
PLAYING

- > 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.

LESSON LINK

Bombard is a target activity that combines accuracy, tactics and fun.

SESSION PLANS

Combo > Start out INV 02 + Get into it TG 07 + Get into it TG 08
Mixed combo > Start out INV 02 + Start out INV 03 + Get into it TG 08

change it...

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?’

