



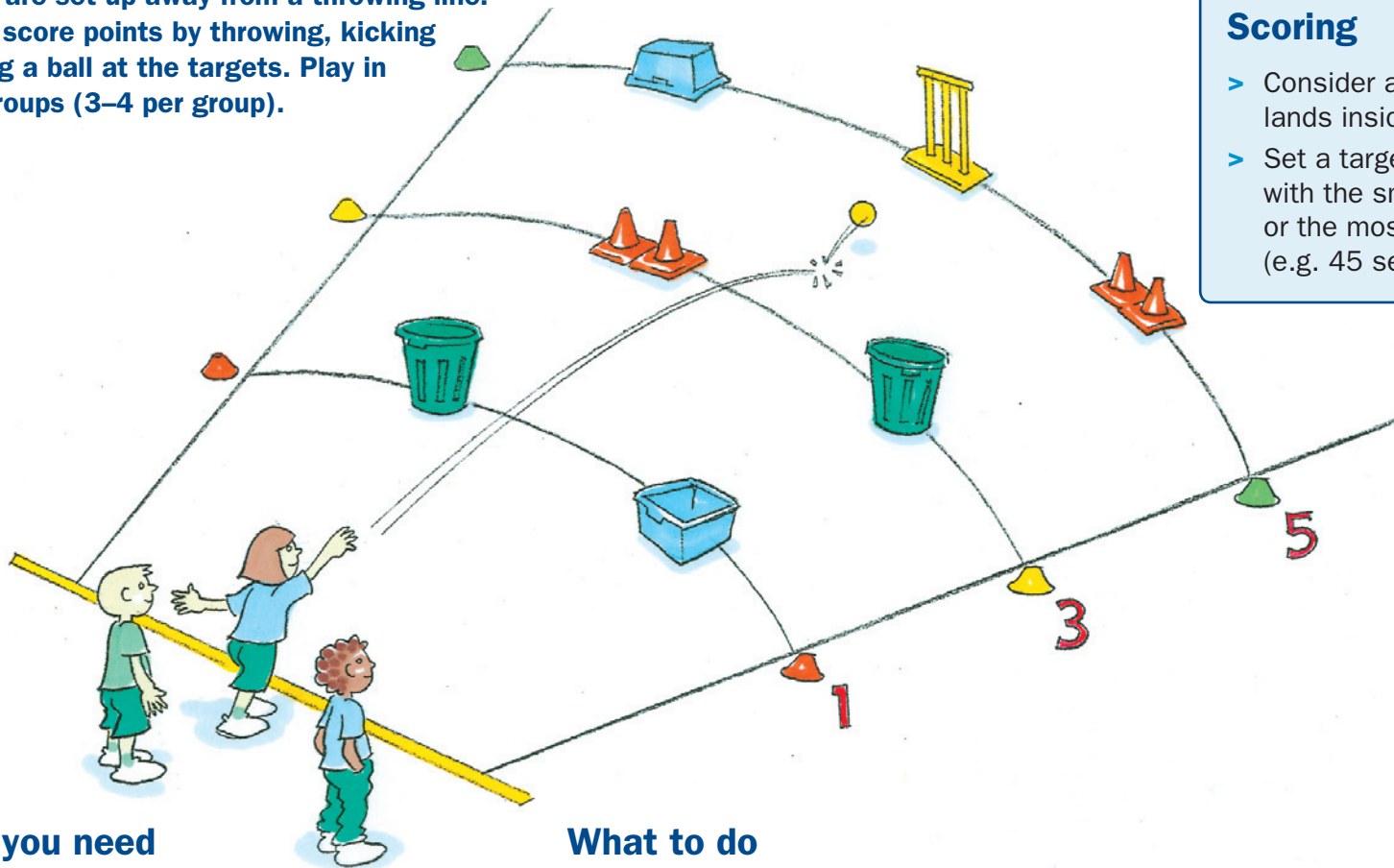
Australian Government
Australian Sports Commission

EASY MED HARD



Hit the target

Targets are set up away from a throwing line. Players score points by throwing, kicking or rolling a ball at the targets. Play in small groups (3-4 per group).



Scoring

- > Consider a bonus point if a ball lands inside a target.
- > Set a target, e.g. 15. The team with the smallest number of throws or the most points in a set time (e.g. 45 seconds) wins.

What you need

- > A variety of targets – such as 2-litre (or larger) plastic bottles with a little sand in the bottom, cricket wickets or buckets
- > Objects to throw – softballs, beanbags, tennis balls, soccer balls – 2 per player

What to do

- > Players throw, roll or kick a ball to hit or land in targets.
- > Each player has a set number of throws, e.g. 2.
- > Play is stopped to re-position targets that have been knocked over.



LESSON LINK

Hit the target carries over to games requiring skill in sending a ball to a target with accuracy.

SESSION
PLANS

Combo > Start out WC 08a + Start out TG 01 + Get into it TG 09
Mixed combo > Start out WC 08a + Get into it SF 08 + Get into it TG 09

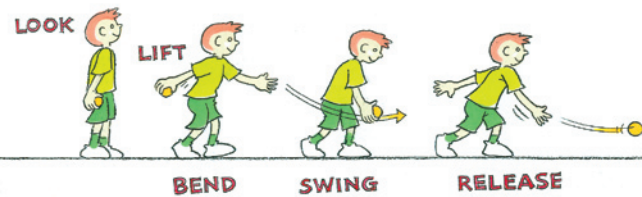
Hit the target

Skills > Accuracy in throwing, rolling & kicking · Decision-making to optimise scoring · Cooperative play

change it...

Coaching

- > Use players as role models to highlight effective sending skills and coaching points.
- > Useful cue words include: 'look', 'lift', 'bend', 'swing', 'release', 'keep it smooth'.



Game rules

- > **Sending variations** – cater for varying ability levels by varying the method of delivery (roll or kick), implement used and target size and distance.
- > **Cooperative pairs** – one sender and one fielder. Players alternate turns. The aim is to score as many points as possible in 60 seconds.
- > **Ask the players** – 'How can you work cooperatively to maximise your score?'

Equipment

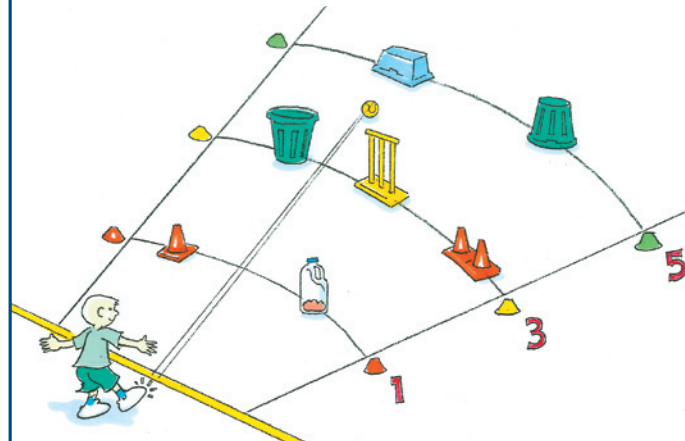
- > Vary size and shape of balls according to player ability.



- > Vary the type or size of target.

Playing area

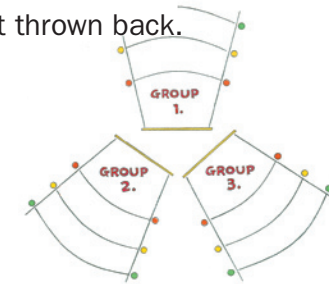
- > Vary the arrangement of targets to suit the sending method, e.g. if players are kicking, initially stagger the targets.



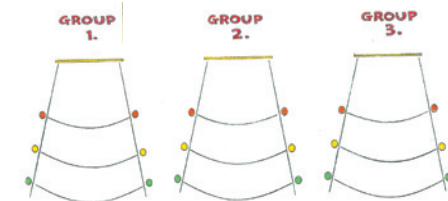
- > Vary the distance of the targets from the throwing line.
- > Set a 'no-go' boundary. If the ball goes beyond the boundary, no points are scored. Don't be too stingy – allow for some roll on!

Safety

- > With multiple groups have players throw away from one another. Balls are gathered but not thrown back.



- > Alternatively, use a line-up configuration and have all players throw in the same direction.



- > Players do not leave the throwing line until all players have finished.

ASK THE PLAYERS

- > 'Did you choose low-scoring or high-scoring targets? Will you change your targets next time?'
- > 'What strategy did you use and would you alter it next time?'