



L-o-n-g throw

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A cooperative game in which a ball is thrown between two players. If the ball reaches the catcher on the full, both the catcher and the thrower step back. If it is dropped, both take a step forward. The winning pair is the one that has retreated the furthest. (One or more pairs.)



What to do

- > Play on dry land or in a suitable pool.

SET UP

- > Distribute one ball per pair.
- > Use 2 markers to establish a 'gate' that the ball has to pass through.
- > Players are equidistant from a marker. Pool variation: use a marker on the side of the pool as shown.

Scoring

- > The winner is the pair who are the greatest distance from the gate markers when the stop signal is given.

Safety

- > Type of ball and throw should be appropriate to the group.

Change it

- > **Cooperative circle challenge** – 4 catchers on a circle with a thrower in the centre. Catchers step back if they catch the ball. If the ball is dropped the catcher stays on the circle or makes one step towards the circle if they are further out. After each round, the centre person changes place with the next person in the rotation and goes to that person's position, either on the circle or further out.
- > **Other** – vary the type of throw, left or right hand, vary the ball, vary the size of the circle.



LESSON LINK

L-o-n-g throw develops throwing and catching skills, with a reward for successful catches. It can be adjusted to all levels of players using **Change it**. See also Start out cards CP 03, 07 and 08. Also use with Net+Court games.