



Australian Government  
Australian Sports Commission

EASY MED HARD



# Skittle and wall

Players attempt to knock over targets by rolling or throwing a ball at a wall or barrier and using the deflection to send the ball to target skittles. Play in small groups (3–4 per group).



Throwing option

## What you need

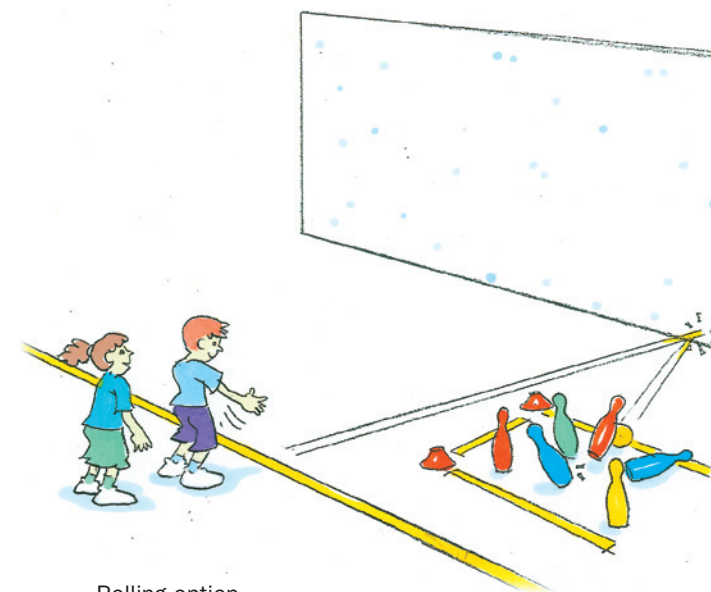
- > 6–8 skittles (or plastic bottles) positioned inside a defined area
- > 3 softball-sized balls per group

## What to do

- > Each player has a set number of throws, e.g. 3.
- > Targets that have been knocked over may be removed from the circle before the next ball is rolled.
- > Alternatively, play as a team game in small groups.

## Scoring

- > One point for each skittle knocked over.
- > Player who knocks over the most skittles with 3 balls is the winner.



Rolling option

## LESSON LINK

*Skittle and wall* might be used as the final part of a lesson with a 'target games' emphasis.

SESSION  
PLANS

Combo > Start out WC 04c + Get into it TG 10  
Mixed combo > Start out WC 04c + Get into it INV 01 + Get into it TG 10

# Skittle and wall

Skills > Accuracy in throwing & rolling · Learning about deflections

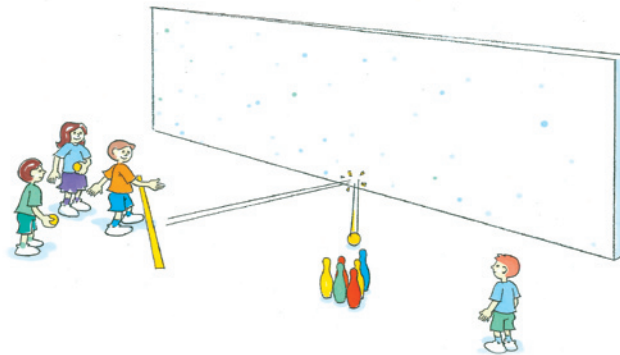
## change it...

### Coaching

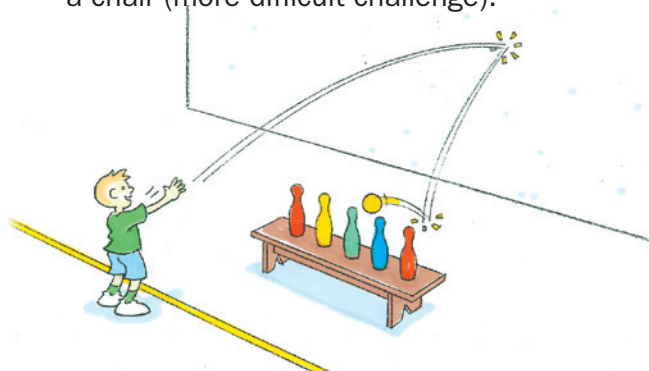
- > The success of players depends on where they stand and how they send the ball.
- > Let them play and experiment. A good way to find out what effect changes have on the outcome is to change one 'variable' at a time. For example, stand in one position and experiment with the ball hitting the wall at different positions.
- > After a short explanation, allow some experimentation, then highlight successful role models.
- > **Start out option (cooperative play)**
  - allow a player to hit the skittles directly, without requiring a deflection.
  - pass to a partner via the wall using the deflection.

### Game rules

- > **Sending variations** – roll or throw (underarm, overarm).
- > **Starting position** – allow players to choose their starting position, provided it is not between the skittles and the wall (vary the angle to and distance from the wall).



- > **Skittle variations** – distance between skittles, distance of skittles from the wall.
- > **Targets raised** – raise the targets off the ground by placing them on a bench or a chair (more difficult challenge).



### Equipment

- > **Use different balls** – vary size, shape and weight.
- > **Use different skittles** – e.g. 2-litre plastic bottles with sand in the bottom (the amount of sand will determine how fast the ball must be sent).

### Safety

- > Adequate space between games.
- > Keep players a safe distance from the targets until all balls have been sent.
- > Players take turns to act as retrievers and remove targets – retrievers should stand well back and wait for the 'all clear' signal.
- > For the activity on side 1, players should look out for the other group's ball.

### ASK THE PLAYERS

- > 'Where can you stand so the ball rebounds and hits the most skittles?'
- > 'How many skittles will you knock over with your 3 rolls/turns?'
- > 'How can you vary your delivery? (e.g. overarm, underarm, roll, pace, ball used).'