



Australian Government
Australian Sports Commission

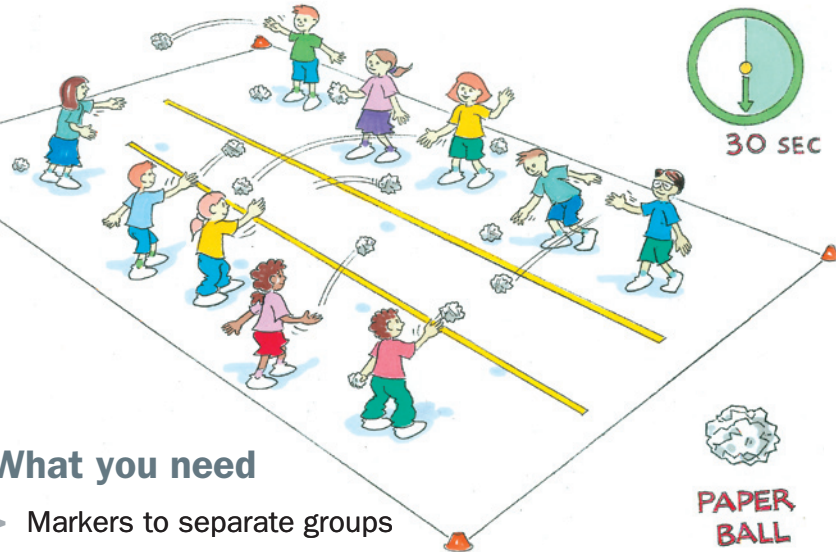


ENERGISER

Throw, throw, throw!

A

Throw, throw, throw! 2 groups of equal size face each other. Each player has a scrunched-up paper 'ball'. On a signal, players throw their paper ball over a line in the direction of the opposite team. After a set period, balls are counted to see who has the fewest balls.



Scoring

- > The winning team is the one with the fewest paper balls.

Change it

- > **Each player writes their name** – when the throwing is over, players find the person whose name is on the ball. A good ice-breaker with new groups whose players don't know each other.
- > **Sitting** – players remain seated for the activity.
- > **Backwards** – players throw backwards over their heads.
- > **Between the legs** – players throw between the legs (face forward or backward).



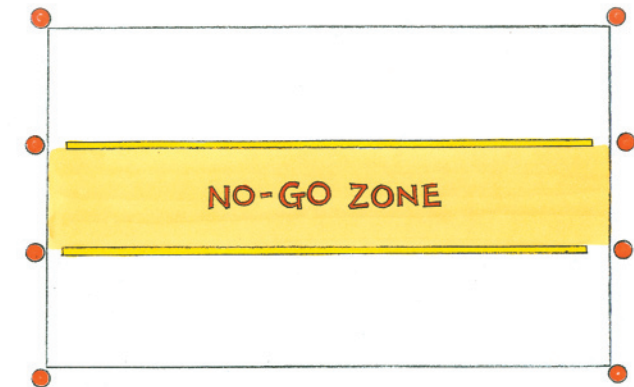
What you need

- > Markers to separate groups
- > Recycled sheets of A4 paper
- > **Optional** – a marking pen

What to do

- > Divide the group into 2 teams, see e.g. Start out WC 02a.
- > Play for a set period, e.g. 30 seconds. That can be a lot of throwing!
- > Encourage different strategies, e.g. gatherers and throwers work together.
- > Players should 'throw fast and throw smart'!

- > **Increase the distance from the mid-line** – use a 'no-go' zone.



Safety

- > Paper balls should be sufficiently loose so as not to cause hurt.
- > A 'no-go' zone ensures players are separated.
- > Players should not cross the 'no-go' zone until the game stops.

LESSON LINK

Throw, throw, throw! is a short and sharp energiser. The sitting variation is a useful energiser for *Sitting volleyball* (Get into it NC 02).

SESSION PLANS

Mixed combo > Start out WC 04a + Get into it! INV 01 + Get into it! Tg 12