EASY MED HARD

INDOOR FRIENDLY

Target throw & run

A 'thrower' throws a ball at a target and then runs to a base and back before fielders place the ball on the 'thrower's' area. (Play with 5 or more.)


What to do

SETTING UP

> Marked area ('launch pad') for the thrower.

> Fielders spread out but not on the line between the thrower and the target.

> Set up a base about 3 metres away to run around, e.g. cone marker.

> **Target** – choose an 'achievable' target. Experiment according to the group.

> Any balls suitable for throwing or rolling.

PLAYING

> Ball is thrown at target and the thrower runs around the base. A bonus point is received for a hit.

> The fielders collect and throw the ball to team-mates and attempt to place it on the 'launch pad' before the thrower returns.

> If fielders beat the thrower, the thrower becomes a fielder and the fielder the new thrower – ensure all fielders have a turn.

Change it

> **Roll the ball**

> Provide targets at different distances. Each has a 'strike value', e.g. 5, 3 and 2 points.

> Vary the distance to target and base, type of throw, vary the target, (type and size), fielding positions, instead of running try an on-the-spot activity, e.g. tuck jumps.

> If a player has limited use of arms/hands use a ramp to aim ball at the target. Alternatively the ball my be kicked.
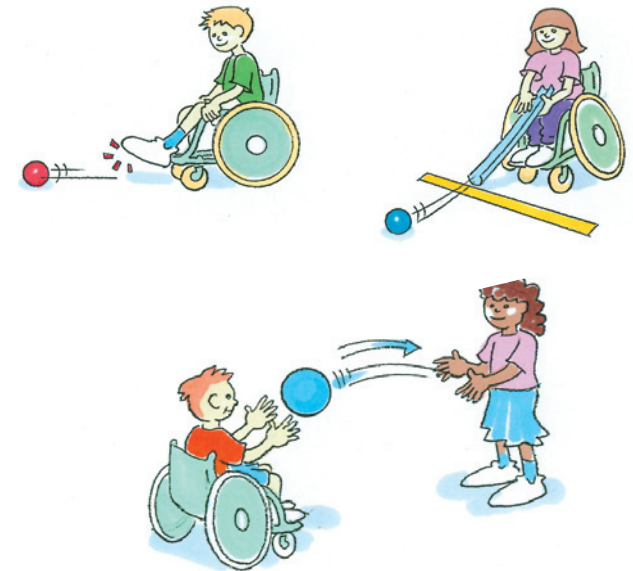
INSTEAD OF RUNNING TO BASE

Safety

> Other player awareness during fielding.

> The thrower should look out for fielders on return to the 'launch pad'.

LESSON LINK

Target throw & run refines accurate throwing/rolling and develops fielding skills including communication with other fielders.