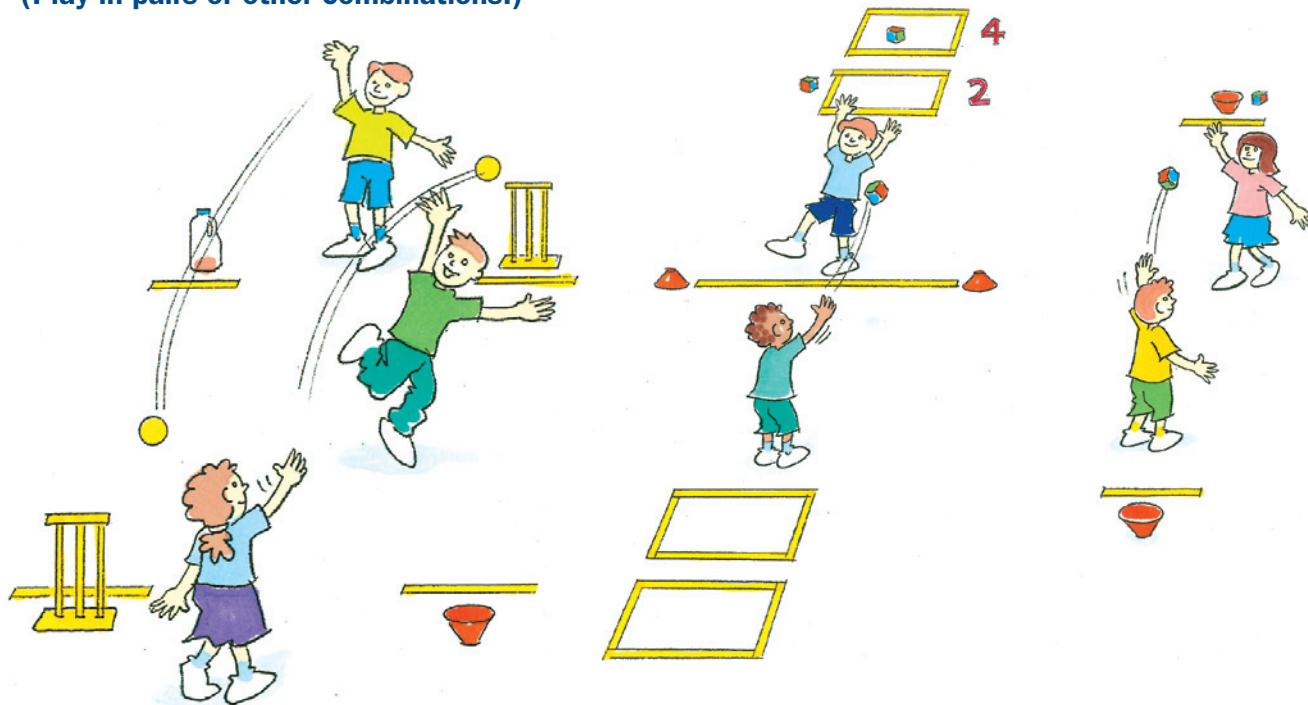




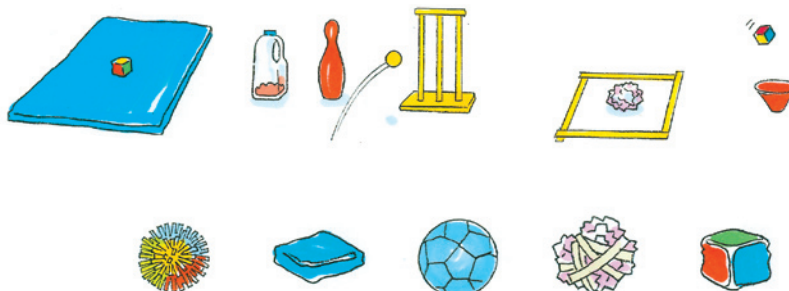
# Target and intercept

One player with a bean bag attempts to throw it past an interceptor to hit or land on a target. (Play in pairs or other combinations.)



## What you need

- > Indoor or outdoor playing area – marked as shown
- > Targets as shown
- > One throwing object for each pair – choice will depend on targets chosen. An option requires additional throwing objects



## Scoring

- > Number of targets scored in the period.

## What to do

- > Play for a set period, e.g. 90 seconds.
- > Discourage delays in throwing.
- > Allocate more points for more distant targets.
- > Restrict the distance between a player's and an opponent's target, e.g. 1m in front.

## LESSON LINK

*Target and intercept* combines the attacking and defending skills of an invasion game with accurate target-throwing.

# Target and intercept

Skills > Target-throwing · Tactical play · Defending, attacking

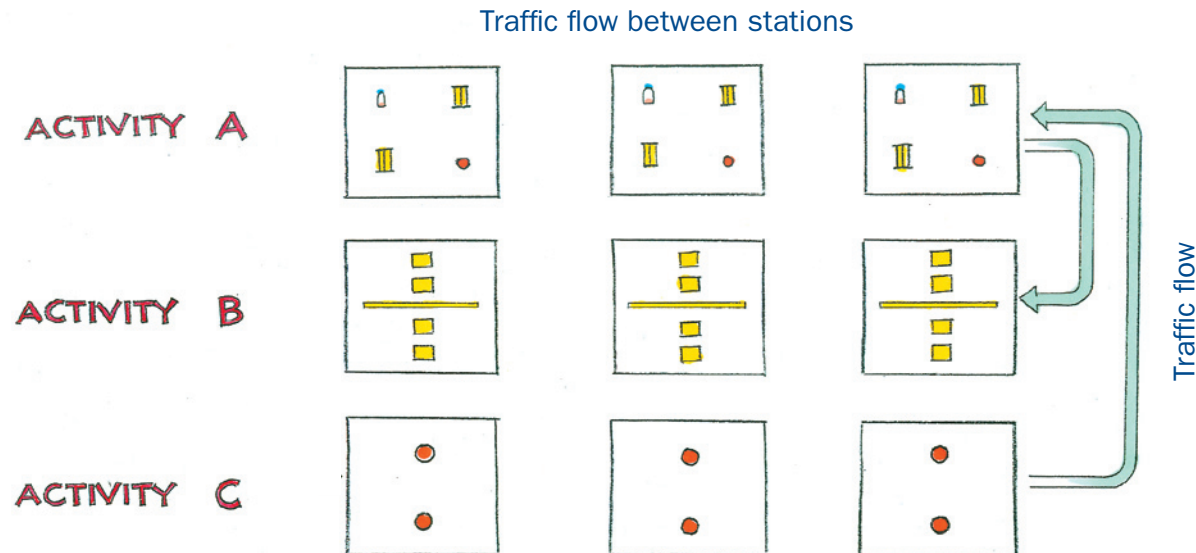
## change it...

### Coaching

- > Set up the playing area to facilitate smooth player 'traffic flow' from one activity to the next.
- > Use this activity as a warm-up or transition to a variety of target or invasion games.

### Include all

- > **Zone the thrower** – restricting the thrower to a zone will make it easier for a player with limited mobility.



### Game rules

- > Play 2 v 1.
- > Allow the thrower to move to any position.
- > **2 balls** – provide a throwing object for each player who will simultaneously attack and defend. The round stops when the first target is hit. Resume with each player having a throwing object.

### Playing area

- > Vary the distance between targets.
- > Vary the target (bigger, smaller).
- > Use more targets.

### Safety

- > Allow sufficient distance between pairs.
- > If a player needs to go into other players' areas, the player should wait for the game to stop.

### ASK THE PLAYERS

#### Throwers

- > 'What will you do to hit the most targets?'

#### Interceptors

- > 'What will you do to defend your targets?'