



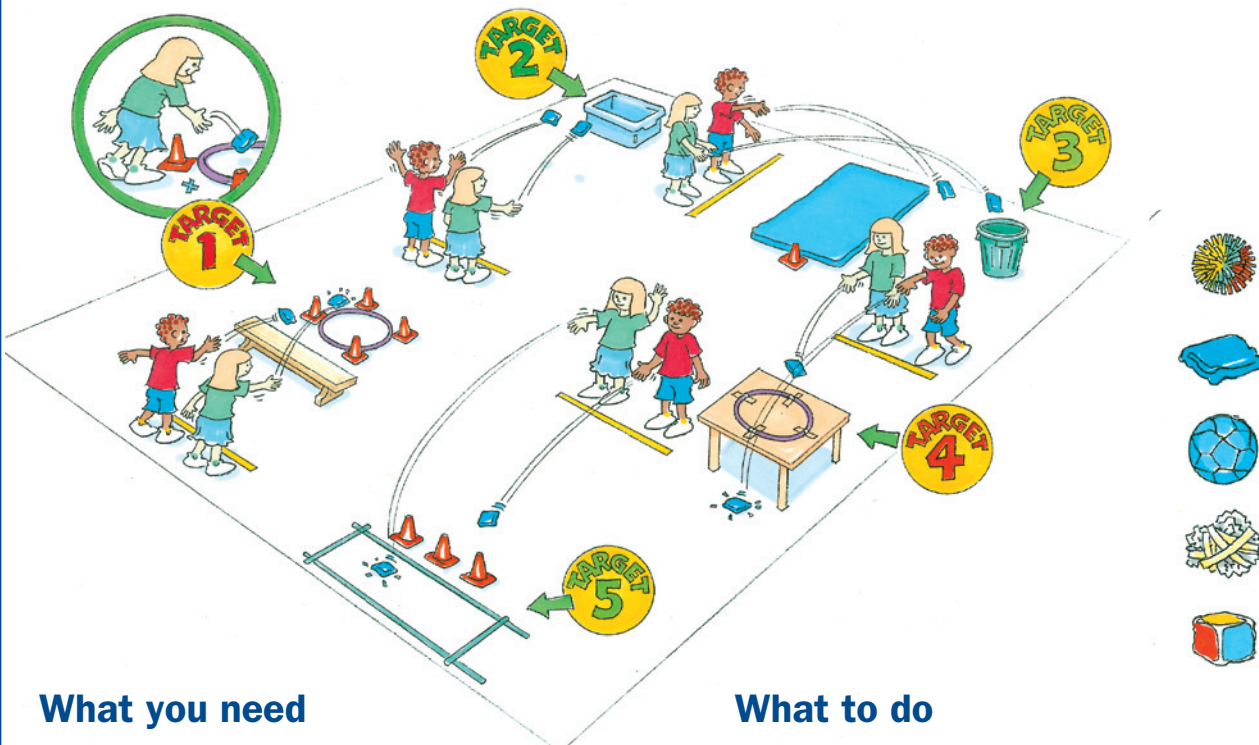
Australian Government  
Australian Sports Commission

EASY MED HARD



# Throlf

As in golf, a course with 'holes' is established. Players move around the course attempting to reach the target in the least number of throws.



## What you need

- > A range of 5–6 targets, set up at different heights over a course (indoor or outdoor)
- > Small bean bags or hacky sacks, one per player, or any other suitable object that 'stops where it drops' (scrunched-up paper and tape makes a useful 'ball')
- > Objects to create obstacles and barriers, such as towels, gym mats or benches
- > A numbered flag or card for each 'hole'

## What to do

### SETTING UP

- > Establish the course and spread the players out on it.

### PLAYING

- > Players throw from a start line ('tee') next to each target.
- > The next shot is taken from where their bean bag (or similar) lands.

## Scoring

- > Score = total number of throws to reach all targets
- > The lower the score the better

## Variation

- > Work in 2s or 3s and count the lowest score for each target.
- > Allocate different scores to the targets.

## Change it

- 1 Roll instead of throw
- 2 With a small group, players are blind-folded. Use sound or verbal cues and bigger targets.



## LESSON LINK

Throlf puts measured throwing and rolling skills into a fun context. A useful lead-in to games like bocce, bowls, tenpin and golf.

SESSION PLANS

Combo > Start out WC 07 + Start out TG 02 + Get into it TG 04  
Mixed combo > Start out WC 05b + Start out SF 02 + Get into it TG 04

## change it...

**Coaching**

- > Ask the players how they can ensure everyone is included.
- > Highlight to the whole group good examples of throwing or rolling.

**Game rules**

- > The player furthest from the target after the opening throw plays first – this mirrors golf and bocce.
- > Set a maximum number of throws per target and/or the whole course (like 'par' in golf). Involve the players in this decision after the first round.

**Easier**

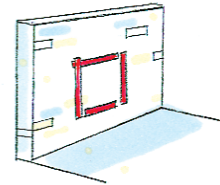
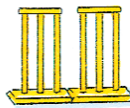
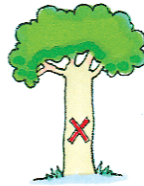
- > Shorter distances
- > Bigger targets
- > No obstacles or barriers

**Harder**

- > Longer distances
- > Smaller targets
- > More obstacles or barriers

**Equipment**

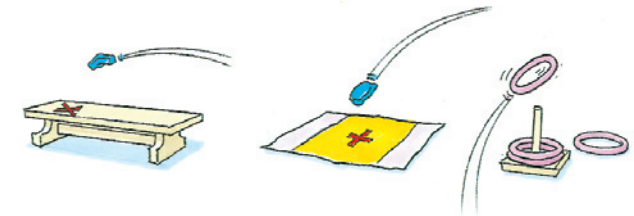
- > Vary the throwing object.
- > Use skittles or empty plastic milk bottles instead of targets.
- > Vary the targets.

**Playing area**

- > Adjust the course so that players rolling the ball can participate equally.
- > Create the equivalent of water hazards and bunkers, e.g. a blue blanket for a water hazard or an old gym mat for a sand bunker.
- > Vary the distance from the throwing line ('tee') to the target.

**Safety**

- > Don't start play if players are still around the target.

**ASK THE PLAYERS**

- > 'How can you approach the target from an obstacle like a bunker?' (e.g. take the shot sitting down).
- > 'What different throwing/ball sending techniques have you used?'