Australian Government
Australian Sports Commission

EASY   MED   HARD

INDOOR FRIENDLY

Bullseye

Players in small groups roll or throw a ball to a target aiming to score maximum points.

What you need

> Indoor or outdoor playing area
> Chalk, hoops, markers or ropes to form 3 concentric circles on the ground
> Throw-line 3 metres from target
> One small ball or similar per player, e.g. sponge ball, softball, tennis ball, bean bags. A non-rolling ball or object is best.
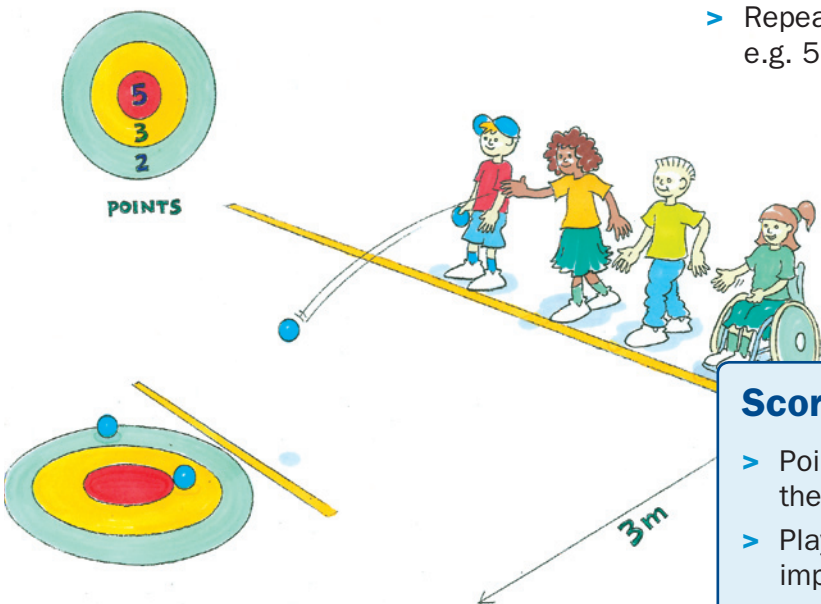
What to do

SETTING UP

> Form small groups, e.g. 4 per group.

PLAYING

> Each player rolls or throws the ball to the target area.
> One throw per player before balls are retrieved.
> Repeat for a given number of rounds, e.g. 5 throws for each player.

POINTS

3 m

Scoring

> Points are scored depending on where the ball stops in the target area.
> Players note whether their score improves from round to round.
> You may wish to set a target score, such as 20 or more, for the 5 rounds.

DIFFERENT TARGETS

SESSION PLANS

Mixed combo > Start out WC 04b + **Start out TG 02** + Get into it INV 04
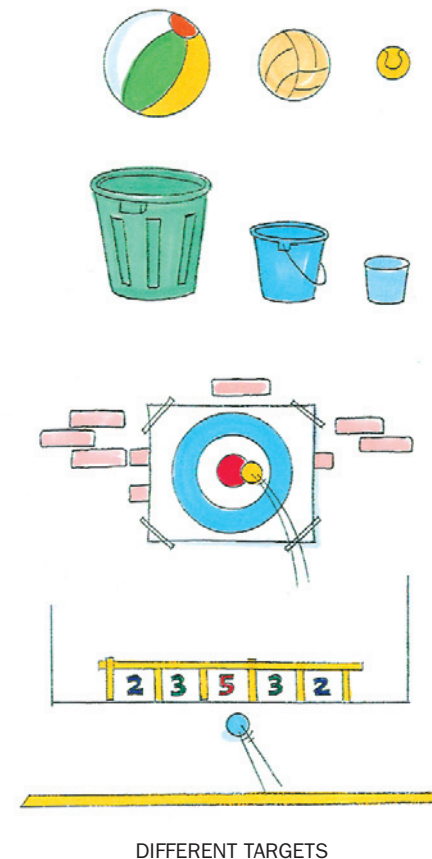
LESSON LINK

Use *Bullseye* as an inclusive activity to encourage players to try different sending techniques, reflect on the result and to change if necessary.

Bullseye

Skills >Refine sending skills (throwing, rolling, striking) · Use feedback from results to improve technique

change it...

Coaching

> Try pairing players and provide some 'what to look for' throwing or rolling tips. The 'observer' provides the 'thrower' with feedback.

> The leg opposite the throwing/rolling arm is in front. A good way of coaching this is to select a role model and ask the players questions.

RIGHT

LEFT

Game rules

> Include everyone by allowing kicking. Remember the object of the game is to send a ball to a target. A kicking option opens the game to players who may not be able to throw the ball.

> Increase or decrease the distance from the throw-line to the target. This adjustment helps to accommodate different player abilities. This option may be offered from the start.

> If buckets are used as targets, the activity can be made harder by requiring the ball to land in the bucket.

> Vary the method of sending the ball, e.g. throw, roll, kick, strike.

Equipment

> Slower ball/faster ball; larger ball/smaller ball. Which is best for rolling/throwing?

> A non-rolling object, such as a bean bag, may be used with a wall target.

Playing area

> Making the target size bigger, or the distance to the target smaller, makes the activity easier.

> If a wall target is used, the activity can be made harder by requiring players to stand *side-on* to the target.
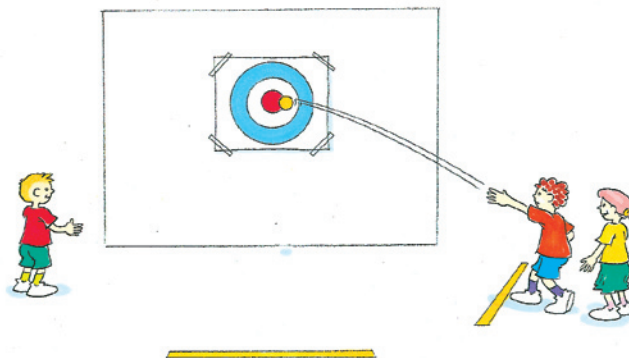
Safety

> Players do not retrieve balls until the round is finished.

> If a target is placed on a wall, players should be aware of the rebound.

> Ensure sufficient space between groups.

ASK THE PLAYERS

> 'Which rolling or throwing technique gives the most accuracy?'

> 'Will your throwing technique change for a wall target?'

> 'What changes can you make if the ball goes too far/too short?'