



# Hit the square

**A** Two pairs of players on opposite sides of a square. From a standing position a ball is bounce passed between pairs. (Play in groups of 4.)

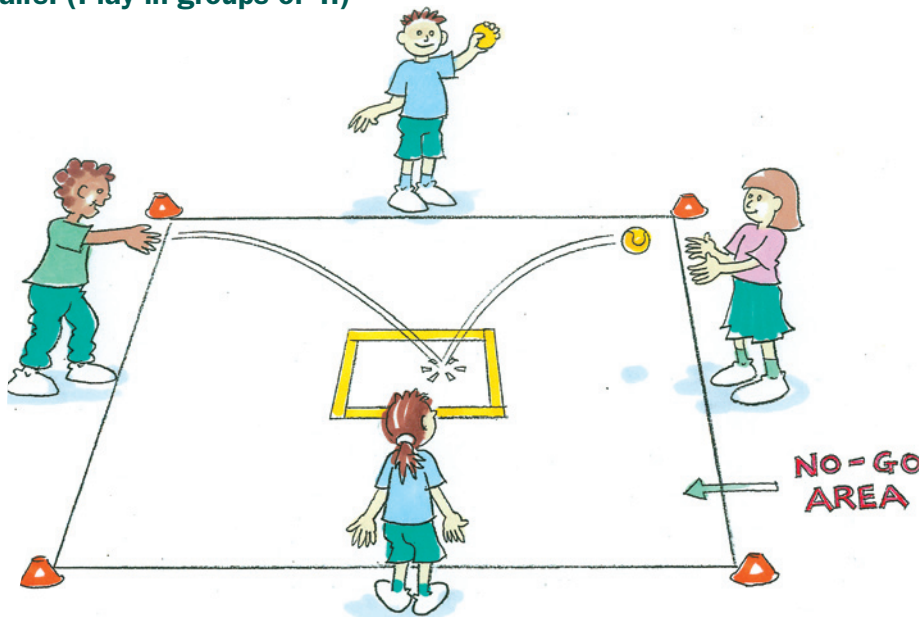
## What to do

### SETTING UP

- > Mark out a square area about 2–3 metres square.
- > In the centre of the square mark out a square target area about 1m square.
- > One ball for each pair. Vary the type of ball depending on the ability of the group.

### PLAYING

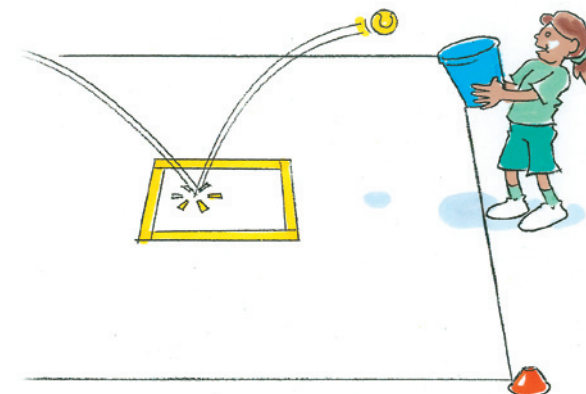
- > Nominate one pair to start.
- > Gentle overarm throwing with one bounce in the target area.
- > Pairs alternate with throwing.
- > What is the best combination of trajectory and force? Discuss with players and compare role models.
- > **Add a challenge** – how many catches in 10 throws or what score will you aim for in 15 throws? Another option is to work in teams of two scoring 5 points for any successful throw/catch in the target zone or 2 points for a successful throw/catch outside the target zone.



## Change it

- > **Throw and do something** – e.g. immediately after the throw has been caught, the pair of players squat to a sit (hands off the floor) and quickly stand up ready for the next round. This alternates between pairs. Alternatively jump on the spot.

## > Bucket catch



- > **Both pairs throw when they like.**
- > Vary the type of ball, bigger or lighter; type of throw – allow underarm ‘throws’; size of square; maximum number in a given time; different distances from the outer boundaries.
- > A smaller outer square and gentle throws will help to make this inclusive for all.

## Safety

- > Choose a ball to suit the ability of the players.

## LESSON LINK

*Hit the square* calls upon gentle targeted throwing combined with gauging the force of a throw. Catching is also required. Related cards Start out NC 04 and Get into it NC 03.

SESSION PLANS

Combos > Start out WC 08a + Start out CP 07a + Get into it INV 01