



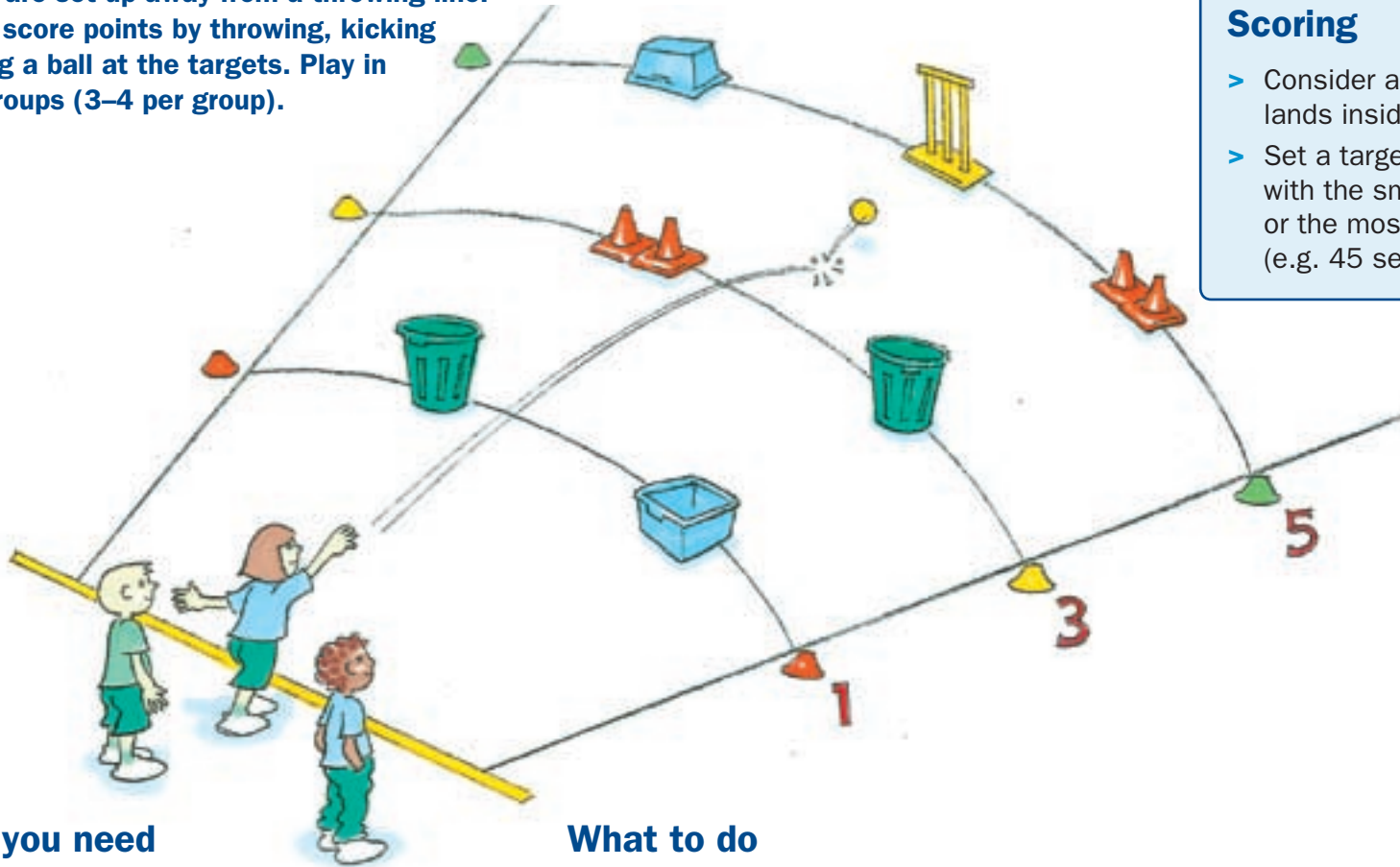
Australian Government  
Australian Sports Commission

EASY MED HARD



# Hit the target

Targets are set up away from a throwing line. Players score points by throwing, kicking or rolling a ball at the targets. Play in small groups (3-4 per group).



**Scoring**

- > Consider a bonus point if a ball lands inside a target.
- > Set a target, e.g. 15. The team with the smallest number of throws or the most points in a set time (e.g. 45 seconds) wins.

## What you need

- > A variety of targets – such as 2-litre (or larger) plastic bottles with a little sand in the bottom, cricket wickets or buckets
- > Objects to throw – softballs, beanbags, tennis balls, soccer balls – 2 per player

## What to do

- > Players throw, roll or kick a ball to hit or land in targets.
- > Each player has a set number of throws, e.g. 2.
- > Play is stopped to re-position targets that have been knocked over.



### LESSON LINK

*Hit the target* carries over to games requiring skill in sending a ball to a target with accuracy.

SESSION PLANS

Combo > Start out WC 08a + Start out TG 01 + Get into it TG 09  
Mixed combo > Start out WC 08a + Get into it SF 08 + Get into it TG 09

## Hit the target

Skills &gt; Accuracy in throwing, rolling &amp; kicking · Decision-making to optimise scoring · Cooperative play

## change it...

## Coaching

- > Use players as role models to highlight effective sending skills and coaching points.
- > Useful cue words include: 'look', 'lift', 'bend', 'swing', 'release', 'keep it smooth'.



## Game rules

- > **Sending variations** – cater for varying ability levels by varying the method of delivery (roll or kick), implement used and target size and distance.
- > **Cooperative pairs** – one sender and one fielder. Players alternate turns. The aim is to score as many points as possible in 60 seconds.
- > **Ask the players** – 'How can you work cooperatively to maximise your score?'

## Equipment

- > Vary size and shape of balls according to player ability.



- > Vary the type or size of target.

## Playing area

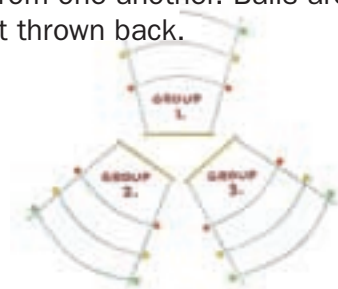
- > Vary the arrangement of targets to suit the sending method, e.g. if players are *kicking*, initially stagger the targets.



- > Vary the distance of the targets from the throwing line.
- > Set a 'no-go' boundary. If the ball goes beyond the boundary, no points are scored. Don't be too stingy – allow for some roll on!

## Safety

- > With multiple groups have players throw away from one another. Balls are gathered but not thrown back.



- > Alternatively, use a line-up configuration and have all players throw in the same direction.



- > Players do not leave the throwing line until all players have finished.

## ASK THE PLAYERS

- > 'Did you choose low-scoring or high-scoring targets? Will you change your targets next time?'
- > 'What strategy did you use and would you alter it next time?'