

TARGET GAMES

Target Games involve propelling an object with the aim to place it on, in or near a target to obtain the best possible score. Sports that use target game objectives include archery, bocce, croquet, golf and ten pin bowling.

Target Games provide fun and engaging ways to develop physical literacy across the four domains as outlined below.

	Physical	Psychological	Social	Cognitive
Key Elements	Object Manipulation Reaction Time	Engagement and Enjoyment Confidence	Relationships	Strategy and Planning
Examples of how these can be developed	Provide a variety of equipment and allow participants to choose their preference (e.g. different size/shape balls). Provide a variety of activities so participants can develop multiple skills.	Adjust game rules to allow for success. Use discrete coaching to help participants improve their skills.	Include activities that involve pair work and communication. Discuss what it means to be respectful to each other in a game.	Provide time for teams to talk and plan strategies for use during a game. Use questioning to explore pros and cons of different strategies.

How to use the Program Planner

Sessions will vary between 30-60 minutes. Not all games in each session are required to be delivered. The number of games will depend on factors such as session time, ability level and engagement of participants. Coaches should deliver the number of games in each session they feel appropriate to develop the key physical literacy elements in this category.

If all games are not completed in a session, the coach can use their discretion to start the next session with the remaining games and/or begin with the new games for that session. An alternate game has been provided in each session for coaches to maintain the engagement of participants if required.

Coaching tip

- Ensure participants experience success. For example, introduce a scaled scoring system where players can score a point/s for every attempt
- Provide opportunities for participants to improve their own personal score

TARGET GAMES

	1	2	3	4	5	6	7	8
Review, Outline & Warm Up (5-10 mins) Start with a brief review of last week, outline today's session and play and a familiar game	Names	Names	Throw Throw Throw	Throw Throw Throw	Throw Throw Throw	Shuttle Ball	Bat Tapping	Participant choice
Get into It (20-45 mins) Use TREE to modify games to suit the ability level (page 2 of activity card)	Shuttle Ball	Shuttle Ball	Triangle Roll	Triangle Roll	Target Relay	Soctopus	Speed Gate	Participant choice and/or Play a modified game from a Target category sport e.g. Bocce, Croquet, Golf, Ten Pin Bowling
	Speed Gate	Collison Course	Bullseye	Pizza Toppings	Ball Snake	Target Relay	Bombard	
	Bombard	L-o-n-g Throw	Speed Gate	Bullseye	Pizza Toppings	Speed Gate	Ball Snake	
Alternate Game	L-o-n-g Throw	Skittle and Wall	Hit the Target	Corner Bocce	Throlf	Boccia	Pinball	Play favourite game
Finish Up & Review (5 mins) Ask participants 2-3 questions	What game/s did you like playing today? What game/s did not you like playing today? What are 2 things you learnt today? How can you practice your new skills at home? Would you like to learn more of next week?							

Names

GAME SUMMARY:
Players stand in a circle.
They call the name of another
player then pass them the
ball.

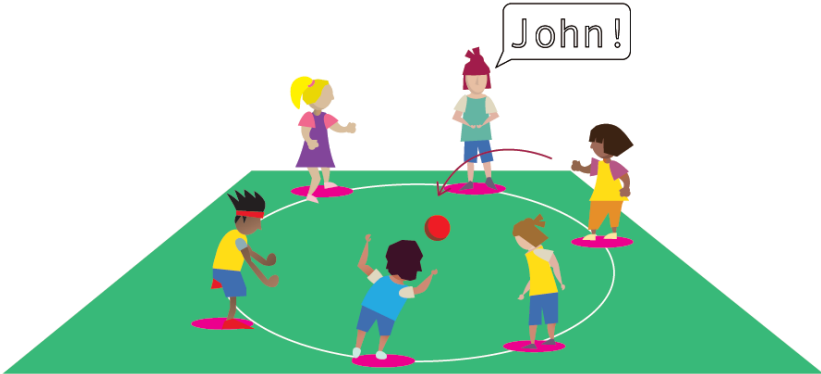
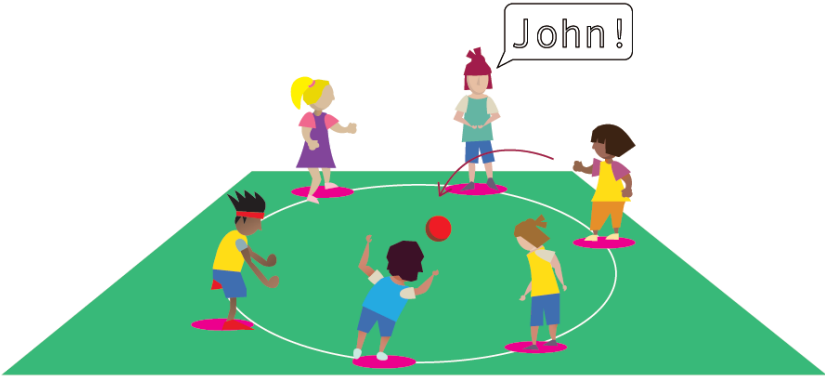
Equipment needed:
➢ Coloured dots
➢ Ball

SKILL FOCUS
Throwing | Catching



Game setup:
Place coloured dots in a circle, one per player. Play with 5 - 8 players in a circle. Ask each player to stand on a dot. Give one player the ball.

This game works best if players know each other’s names. It can also be used to help players learn names if they don’t know each other but they will need support from staff.



COACH INSTRUCTIONS

STAGE 1
Players must keep at least 1 foot on their dot.

TO ALL PLAYERS: “When you have the ball, choose someone else to pass it to. You need to look at them and call their name. They will show you they are ready to catch the ball by putting their arms out. You can then throw the ball to them.”

“If you don’t have the ball, wait for someone to call your name. You then need to put your arms out ready to catch the ball.”

STAGE 2
Progression from stage 1. Choose one player to stand in the middle to be the interceptor.

TO PASSERS: “The interceptor is going to try to catch the ball. You need to throw it so they can’t touch it.”

TO INTERCEPTOR: “Try to catch or touch the ball while it is in the air.”

If the interceptor catches or touches the ball, they swap positions with the player who threw it.

ASK: “What kind of passes can you make to keep the ball away from the interceptor?”

FOUNDATION:
Skill Development

COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify Names

Rules:

- > Vary the type of pass e.g. chest, shoulder or bounce pass, or allow the ball to be rolled. Allow players to choose the pass they use.
- > Add a time challenge to speed up the game e.g. count how many passes you can make in 30 seconds. Rotate interceptors after a set time.
- > Add extra interceptors.
- > Don't allow passes to player next to them.

Equipment:

- > Vary the type of ball. Make it easier by using a larger or softer ball. Make it harder by using a smaller or harder ball depending on the sport you are coaching.
- > Brightly coloured balls or balls that make noise can be used to meet specific needs of players.

Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist each group.
- > Use **role models** to demonstrate correct passing technique.

Environment:

- > Vary the passing distance. Make the circle larger or smaller.
- > Replicate the game in an adjacent area if there are more than 8 players.
- > Play indoors or outdoors.

ALTERNATE SPORTS & SKILLS

This game can develop throwing and catching skills for sports such as basketball, netball, cricket and softball.

This game can also be used to develop other skills such as kicking or bowling:



SAFETY!

- > Ensure the interceptor stands at least 1 metre away from the passer.
- > Make the circle large enough for the interceptor to freely move.
- > If the ball runs away, the coach chooses someone to retrieve it.
- > Use a ball appropriate for players' ability level.

Shuttle Ball

SKILL FOCUS

Throwing | Bowling | Catching | Kicking

SPORTAUS



GAME SUMMARY:

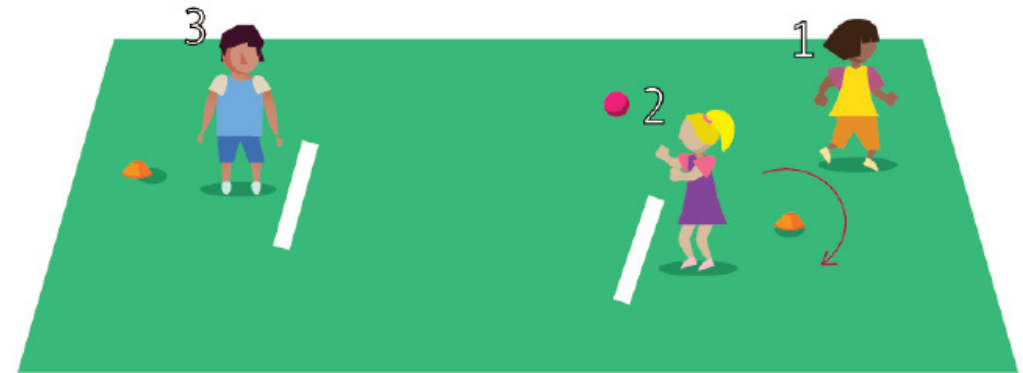
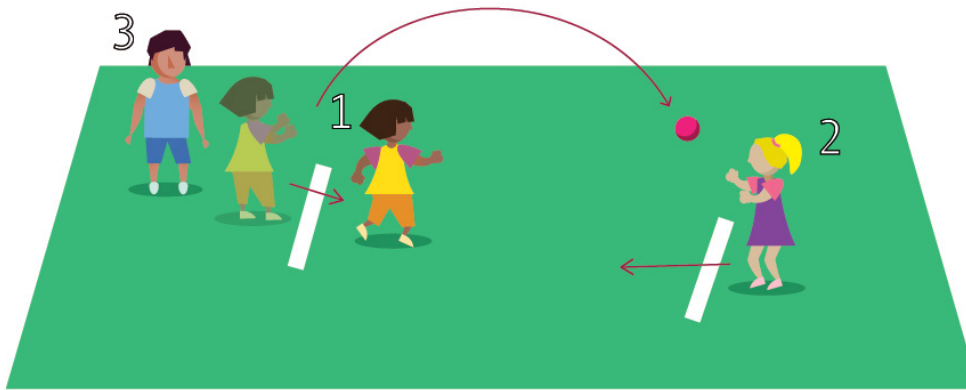
Players throw, kick or bowl a ball to a team mate. They then run to take the place of the person who receives the ball.

Equipment needed:

- Tape or chalk
- Balls (various sizes)
- Markers

Game setup:

Put players in groups of 3 or 4. Mark out 2 lines using tape or chalk approximately 3 - 5 metres apart for each group. Give one player from each group a ball. Players line up with equal numbers behind each line (if there are only 3 players, the third stands behind the player with the ball).



STAGE 1

TO PLAYER 1: "Pass the ball to your team mate on the other side. You then need to run and stand behind them."

TO PLAYER 2: "When you catch the ball, wait for the person who threw it to stand behind you before you pass it."

Scoring optional: "I will call STOP after 1 minute. Count how many passes you can make before I call STOP." Teams try to beat their score.

STAGE 2

Progression from stage 1. Place a marker approximately 2 metres behind each line.

TO PLAYER 1: "This time you need to pass the ball to your team mate on the other side, then run around the marker behind them and back to where they were standing."

TO PLAYER 2: "When you catch the ball, wait for the person who threw it to run past you before you pass it."

Teams count how many passes they can make in 1 minute. Repeat, teams try to beat their score.

ASK: "How can you work faster to make more passes in the set time?"
"Why do you need to wait for your team mate to run past you before you can pass the ball?"

COACH INSTRUCTIONS

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

PHYSICAL LITERACY ELEMENTS

Object Manipulation | Agility | Speed | Collaboration | Perceptual Awareness

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08 | ACPMP025

BRANCH OUT! Tips to modify Shuttle Ball

Rules:

- > Change the type of pass e.g. underarm, overarm, bounce pass.
- > Vary the time challenge e.g. 30 seconds.
- > Vary the scoring e.g. make running around the marker an optional bonus point.
- > Change the locomotor movement between lines e.g. skipping, hopping, jumping.

Equipment:

- > Use a ball relevant to the sport you are coaching.
- > Select balls with different colours or textures, or use a noisy ball such as a goal-ball or a ball wrapped in a plastic bag to suit individual needs.

Teaching Style:

- > Use **visual aids** such as picture cards to show the skill you want players to perform.
- > Use player **role models** to demonstrate the correct technique.
- > Include players with limited mobility by getting them to stay on one end and have other players run for them when they throw.

Environment:

- > Replicate the game in an adjacent area to ensure all participants are engaged.
- > Move the lines closer or further apart. Move the markers closer or further back.
- > Play indoors or outdoors on grass or on a hard surface.

ALTERNATE SPORTS & SKILLS

Use this game to develop passing skills for football, netball and basketball. Change the skill to develop bowling skills.



SAFETY!

- > Ensure players have moved behind the person with the ball before the ball is passed.
- > Ensure a safe distance between players and groups.
- > Play must stop before a player can retrieve a ball from another group's playing space.

Speed Gate

SKILL FOCUS

Accuracy | Bowling | Rolling

SPORTAUS

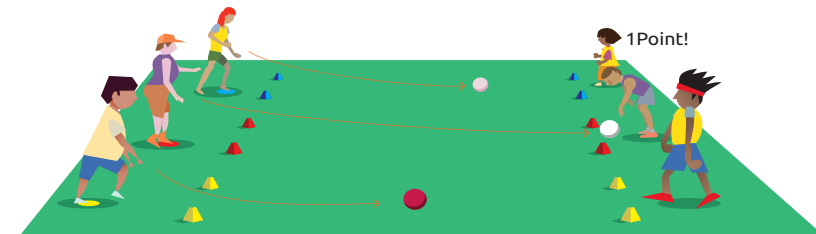


GAME SUMMARY:

Players roll a ball through a 'gate' with the aim of achieving speed and accuracy.

Equipment needed:

- > Markers (1 colour per team, 2 - 4 markers of each colour)
- > Balls (1 per team)
- > Coloured dots



COACH INSTRUCTIONS

OPTION 1: USING A WALL

Game Setup:

Play individually or in pairs. Players stand on a coloured dot facing a wall. Place 2 colour coordinated markers in front of each player to make a 'gate'. Give each player or pair a ball.

Coach Instructions:

"When I say **GO**, roll the ball through the gate to the wall. If your ball gets to the wall first you get a point."

OPTION 2: RELAY FORMAT

Game Setup:

Play in pairs or small teams. Players stand on coloured dots facing their team mates at the other end. Use colour coordinated markers to make 2 gates between each group creating a bowling lane. Give each team a ball.

Coach Instructions:

"When I say **GO**, roll the ball through the gates towards your teammate. If your ball goes through both gates and gets to the other end first, you score 1 point."

ASK: "What can you do to get your ball to the end fastest?"

BRANCH OUT! Tips to modify Speed Gate

Rules:

- > Add a time challenge, e.g. see how many points you can score in 2 minutes.
- > Vary the scoring, e.g. all teams get a point if they roll the ball through the gate. The fastest gets an extra point. Bonus points can be awarded for hitting a target.
- > All balls must be rolling (not bouncing) through the gate to get a point.
- > Vary the rolling technique, e.g. one handed or two handed roll.

Equipment:

- > Place a bowling pin or witches hat in the centre of each bowling lane as a target for bonus points.
- > Vary the type of ball according to the sport you are coaching.
- > Use balls of a specific colour, or balls that make sound to meet needs of individual players.

Environment:

- > Game can be played indoors or outdoors, on grass or a hard surface.
- > Vary the size of the gates. Make it harder by making the gates narrower, make it easier by making gates wider.
- > Increase or decrease the distance players must roll the ball.

Teaching Style:

- > Use **visual aids** such as a picture card of a roll to demonstrate the skill you want players to perform.
- > Use **role models** to highlight good technique.
- > Use **one on one coaching** to assist with skill development.

ALTERNATE SPORTS & SKILLS

Use this game to develop accuracy for sports such as ten pin bowling and cricket. Substitute equipment to develop soccer and golf skills.



SAFETY!

- > Ensure a safe distance between players / groups.
- > Players need to wait until all balls have been rolled before they enter the playing area.

Bombard

SKILL FOCUS

Throwing | Accuracy

SPORTAUS



GAME SUMMARY:

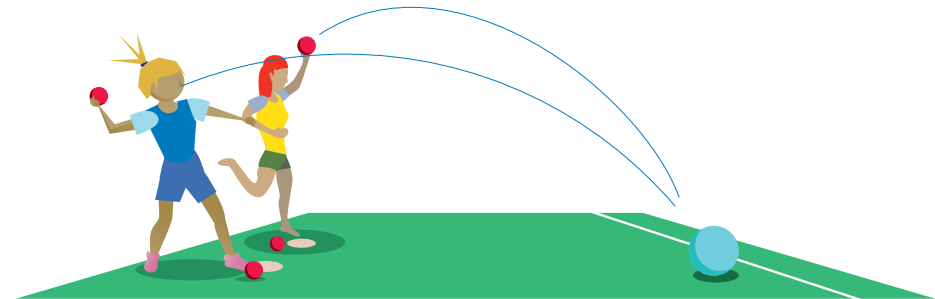
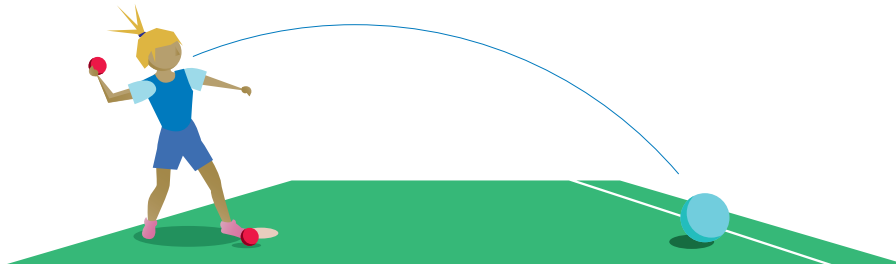
Players throw balls at a large target ball with the aim of moving it over a line.

Equipment needed:

- > Small balls (2 per player)
- > 2 larger balls
- > Markers

Game setup:

Players stand with their toes on the throwing line. Coloured dots can also be used to show players where to stand. Place large target ball 2 - 3 meters from the throwing line (you can call this ball by it's colour e.g. large blue ball). Give each player 2 small balls each.



COACH INSTRUCTIONS

STAGE 1

"Throw the small balls at the large ball to make it move."

STAGE 2

"Throw the small balls at the large ball to make it roll over the end line."

"The group receives 1 point for each time the ball rolls over the line."

STAGE 3

Split the group into 2 teams with 1 large target ball for each team.

"Throw the balls at your team's large ball. The team that gets their ball to roll over the line first gets a point."

ASK: "How can you work together to get your ball over the line first?"

"How can you keep the ball moving?"

"What type of throw works best?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Bombard

Rules:

- > Vary the throwing technique (e.g. overarm, underarm).
- > Add a time challenge, e.g. see how many times you can get your ball over the line in 5 minutes.

Equipment:

- > Vary the type of target ball. Make it easier by using an exercise ball or beach ball. Make it harder by using a smaller, harder ball such as a basketball. Test each option before the session.
- > Vary the type of throwing balls. Make it easier by using large balls such as volleyballs. Make it harder by using smaller balls such as tennis balls.

Teaching Style:

- > Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.
- > Give **one on one discrete coaching** to help skill development.
- > Use **questioning** to encourage players to think of their own strategies.

Environment:

- > To increase success, move the target ball closer to the throwing line and decrease distance to the end line.
- > To challenge players, move the target ball further from the throwing line and increase distance to the end line.
- > Ideally play indoors with minimal background noise.
- > Position the game close to a wall to allow easy retrieval of balls.

ALTERNATE SPORTS & SKILLS

Use this game to develop other skills such as kicking, rolling or bowling at the target ball.



SAFETY!

- > If possible, use soft throwing balls.
- > Ensure sufficient space between individual players and teams.
- > No one goes into the throwing area during play.
- > Do not allow players to throw balls when someone is in the playing space. Call **"STOP!"** to allow players to retrieve balls.
- > Balls must be thrown below waist height.

L-o-n-g Target Throw

SKILL FOCUS

Throwing | Accuracy | Fielding

SPORTAUS

Special
Olympics
Australia

GAME SUMMARY:

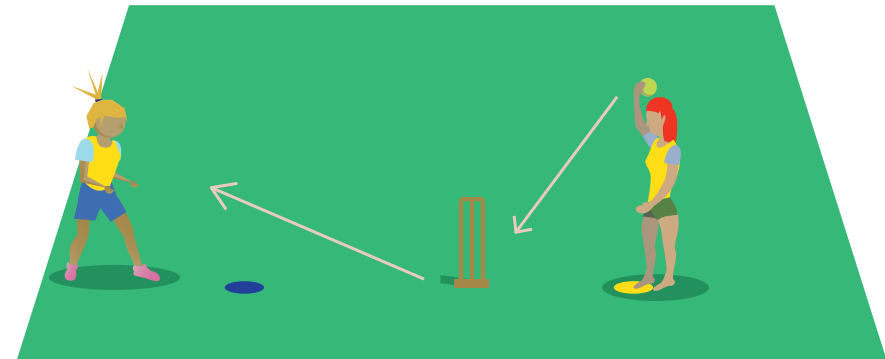
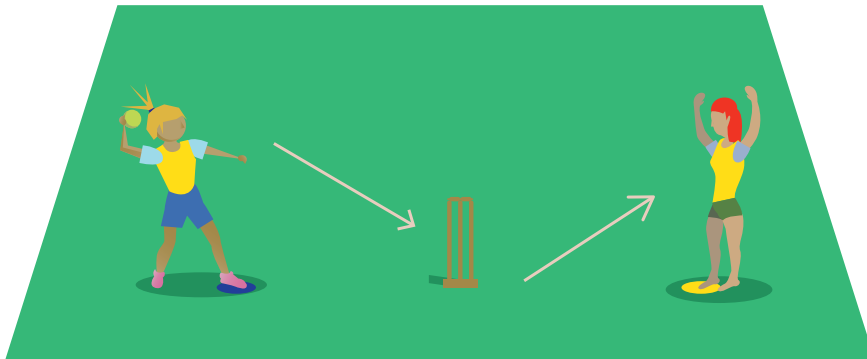
Players throw their ball at a target. If they hit the target they take a step back.

Equipment needed:

- > Targets (cricket stump or witches hat)
- > Coloured dots / markers
- > Tennis balls (1 per pair)

Game setup:

Players work in pairs. Each pair starts with players standing on coloured dots approximately 3 – 4 metres apart with a target half way between them.



COACH INSTRUCTIONS

STAGE 1

TO PLAYER 1: "Throw the ball at the target."

TO PLAYER 2: "Try field the ball before it gets past you. Pick up the ball, go back to your dot and throw it at the target."

Players take it in turns to throw. Play for 1 minute, then move the dots back 1 metre. Repeat.

Scoring Optional: Players count how many times they hit the target in a minute.

STAGE 2

TO PLAYER 1: "Throw the ball at the target. If you hit the target, take a step back. If you miss the target, stay where you are."

TO PLAYER 2: "Try field the ball before it gets past you, go back to your spot and throw the ball at the target. If you hit the target, take a step back. If you miss the target, stay where you are."

Play for 2 minutes. At the end of 2 minutes, players place a marker where they are standing. Repeat the game and see if players can get further away from the target.

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify L-o-n-g Target Throw

Rules:

- > Play for a longer or shorter time depending on engagement of players.
- > Players must take a step forward if they miss the target (only as far forward as the coloured dot where they started).
- > Vary the throw, e.g. underarm, overarm, or bowl.

Equipment:

- > Vary size of target, make it easier by using a wide target (e.g. set of cricket stumps), make it harder by using a narrow target (e.g. only 1 cricket stump).
- > Two field markers can be used to make a 'gate' target which can be widened or narrowed.
- > Vary the type of ball. Make it easier by using a larger ball.

Teaching Style:

- > Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.
- > Use **role models** to highlight good throwing technique.
- > Use **one on one coaching** to assist with skill development.

Environment:

- > Game can be played indoors or outdoors, on grass or hard surface.
- > Replicate game – 1 game for each pair.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing and accuracy skills for cricket and softball. Balls can be bowled at the target to develop ten pin bowling skills.



SAFETY!

- > Ensure a safe distance between players / groups.
- > If players need to enter another pairs' playing space to retrieve a ball, make sure play is stopped.

Collision Course

SKILL FOCUS

Striking | Fielding | Shot Placement

SPORTAUS



GAME SUMMARY:

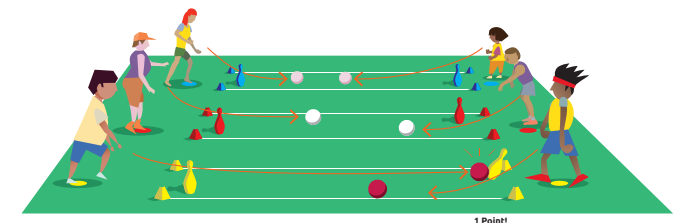
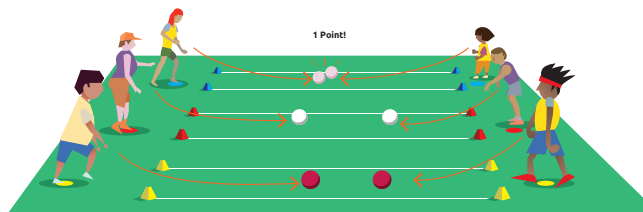
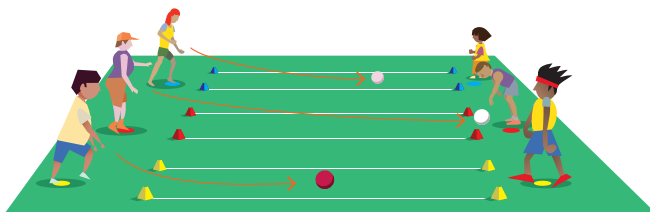
Players standing opposite each other bowl a ball at the same time trying to hit each other's ball.

Equipment needed:

- > Tennis balls (1 per player)
- > Markers
- > Coloured dots
- > Skittles

Game setup:

Split players into pairs. Mark out a lane for each team with a coloured dot at each end of the lane for players to stand on.



COACH INSTRUCTIONS

STAGE 1

Give a ball to the players at one end only.

"Bowl the ball to your partner at the other end. They will then pick up the ball and bowl it back."

Scoring Optional: Players count how many times they can bowl in a set time (e.g. 1 minute).

STAGE 2

Give 1 ball to each player.

"Bowl the ball down the middle of the lane at the same time as your partner. You get 1 point if you hit each other's ball."

Give a time challenge (e.g. 2 minutes). Repeat game, pairs try to beat their score.

STAGE 3

Place a skittle at both ends of each lane.

"Bowl your ball at the same time as your partner. Try to knock over the skittle at the other end. You get 1 point for each time you knock over a skittle."

ASK: "How can you make your ball go straight?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Collision Course

Rules:

- > Play individually with skittles against a wall.
- > Rotate partners after a set number of bowls.
- > Play as teams – all players at the same end make 1 team.

Equipment:

- > Add more skittles to increase chances of success.
- > Use equipment suitable for individual players such as different coloured balls, different textures or use a goalball for noise.

Teaching Style:

- > Use **visual aids** such as a picture card of a bowl to demonstrate the skill you want players to perform.
- > Use **role models** to highlight good bowling technique.
- > Use **one on one coaching** to assist with skill development.

Environment:

- > Play on a hard, smooth surface to allow balls to roll in a straight line.
- > Vary bowling distance – expand or reduce size of throwing lane.
- > Individuals can be moved forward or backwards to challenge players at an individual level.

ALTERNATE SPORTS & SKILLS

Use this game to develop skills for ten pin bowling.



SAFETY!

- > Balls must be bowled along the ground.
- > Ensure a safe distance between each team's lane.
- > Players need to wait until all balls have been bowled before they enter their lane.
- > If a ball goes into another team's lane, play must stop before they can retrieve it.

Skittle and Wall

GAME SUMMARY:

Players throw or hit a ball at a wall trying to use the rebound to knock over skittles with the ball.

Equipment needed:

- > 6 - 8 Skittles per group
- > Balls (3 per group)
- > Tape or chalk
- > Coloured dots (optional)

SKILL FOCUS

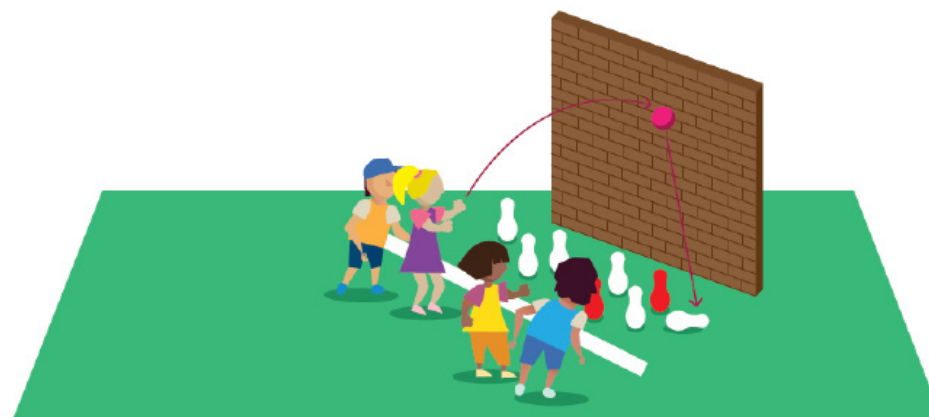
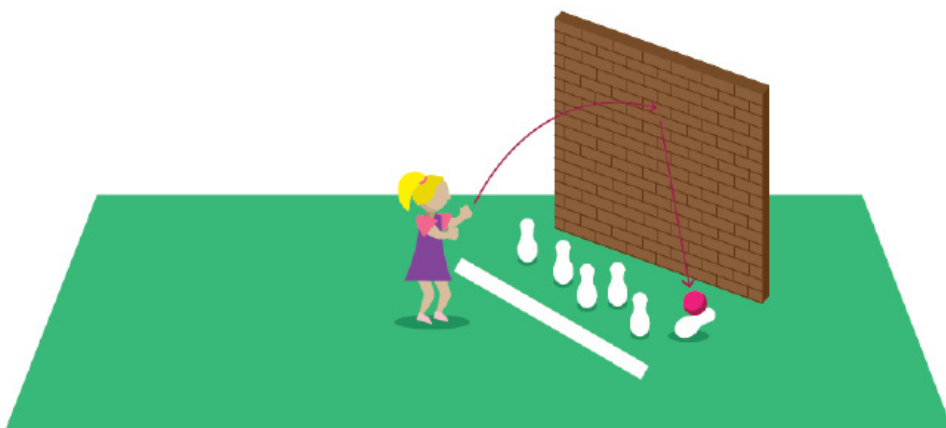
Throwing | Shot Placement

SPORTAUS



Game setup:

Use a flat playing space against a wall. Set up 6 - 8 skittles approximately 1.5 metres off the wall. Draw a line behind the skittles approximately 2 - 2.5 metres off the wall. Players stand behind the line facing the wall and skittles (coloured dots can be used to show where to stand).



COACH INSTRUCTIONS

STAGE 1

Play individually. Each player stands behind the line.

"Throw the ball at the wall. Try to make it bounce off the wall and knock down a skittle."

Players take it in turns to throw the ball.

Scoring optional: Players get 1 point for each skittle they knock down.

STAGE 2

Play in pairs. Pairs line up behind the line.

"Throw the ball at the wall. Try to make it bounce off the wall and knock down a skittle. After you have had a throw it is your partner's turn."

Pairs play against another pair. Keep going until all skittles have been knocked down. Pairs count how many skittles they knock down. The team who knocks down the most skittles wins.

STAGE 3

Progression from stage 2. Place 2 skittles of a different colour, e.g. red, within the group of skittles (or you can use a different object such as a plastic bottle or witches hat).

"This time the [red] skittles are worth 5 points and the rest are worth 1 point. The team with the highest score once all skittles have been knocked down wins."

ASK:

"Which skittles will you try to knock down first?"

"Where on the wall will you aim at to try to knock down the [red] skittles?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Skittle and Wall

Rules:

- > Vary the skill according to the sport you're coaching. Players can throw overarm, underarm, hit the ball with a tennis racquet, kick or bowl the ball at the wall.
- > Play in teams of 3.
- > Use more balls. Give each player 2 or 3 attempts each turn.
- > Allow players to throw from wherever they choose from behind the line.

Equipment:

- > Vary the type of ball. Make it easier by using a larger softer ball. Make it harder by using a smaller or harder ball depending on the sport you are coaching.
- > Use tennis racquets and balls if relevant.
- > Use anything that can be knocked over instead of skittles e.g. plastic bottles, witches hats, drink bottles.

Teaching Style:

- > Use **visual aids** such as picture cards to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist each group.
- > Use player **role models** to demonstrate good shot placement.
- > Use **questioning** to encourage players to think of their own strategies.

Environment:

- > Vary the throwing distance. Move the skittles and the throwing line closer or further from the wall.
- > Play indoors or outdoors.
- > If no wall is available, players can aim directly at the skittles without using a deflection.

ALTERNATE SPORTS & SKILLS

This game can be used to develop shot placement skills.

Players can hit the ball at the wall to develop tennis skills. The ball can also be bowled or kicked at the wall.



SAFETY!

- > Ensure there is enough space between groups and games.
- > Players wait behind the line and only retrieve balls once all balls have been thrown.
- > Use balls appropriate for ability level.

Throw Throw Throw

SKILL FOCUS

Throwing | Catching

SPORTAUS



GAME SUMMARY:

Players throw balls over a line in the direction of the opposite team. The team with the fewest balls at the end wins.

Equipment needed:

- > 1 soft foam ball per pair (can be scrunched up paper)
- > Field markers

Game setup:

Split players into 2 even teams. Mark out a No-Go Zone between the 2 teams. Teams stand on opposite sides of the No-Go Zone facing each other. Give each player a foam ball or scrunched up piece of paper.



COACH INSTRUCTIONS

STAGE 1

*"Pick up any ball on your side of the court and throw it over to the other team's side. Keep going until I say **STOP**."*

Call **"STOP"** after 30 seconds. Get teams to count the balls on their side. The team with the least number of balls wins. Balls that land in the No-Go Zone do not count.

STAGE 2

Progression from stage 1.

"Talk to your team about how you can work together to throw all the balls over to the other side."

Play for a set period of time and call **"STOP!"**

ASK: *"Where can you throw the balls to make it hard for the opposition side to throw them back?"*

"Can each player have a job such as collector or thrower?" "Will this help you throw the balls back quicker? How?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

PHYSICAL LITERACY ELEMENTS

Object Manipulation | Muscular Endurance | Engagement & Enjoyment | Perceptual Awareness | Tactics

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08 | ACPMP025 | ACPMP043

BRANCH OUT! Tips to modify Throw Throw Throw

Rules:

- > Vary the playing time (30 seconds can be a lot of throwing!)
- > Vary type of throw, e.g. underarm, overarm, backwards over their heads.
- > Players can only hold one ball at a time.
- > Game can be played with players sitting.

Equipment:

- > Vary the type and size of ball. Balls must be light and soft for safety.

Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist each team.
- > Use **questioning** to encourage players to think of their own strategies.

Environment:

- > Change the dimensions of the playing space (increase or decrease length and / or width of space).
- > Increase or decrease size of No-Go Zone.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing skills for sports such as cricket and softball. Balls can also be bowled to the other side or throw using bocce technique.



SAFETY!

- > Players cannot enter the No-Go Zone during play.
- > Players should wait for the coach's signal to retrieve balls from the No-Go Zone and outside the playing area.
- > If using paper balls, ensure they are sufficiently loose to avoid hurting players.
- > Players must be aware of their team mates around them when picking up and throwing balls.

Triangle Roll

SKILL FOCUS

Bowling | Fielding

SPORTAUS



GAME SUMMARY:

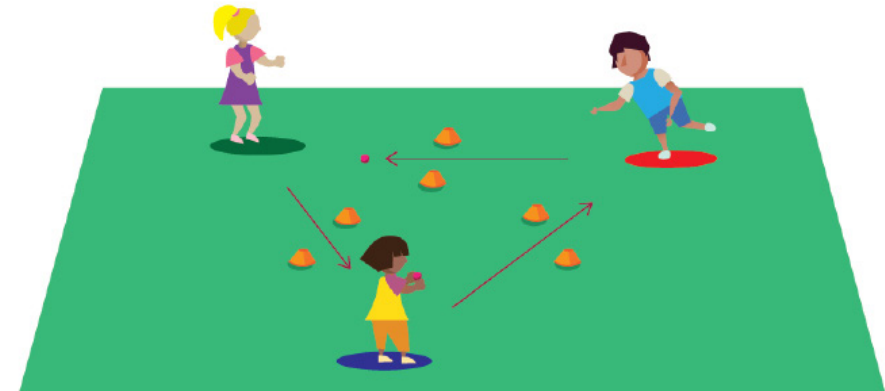
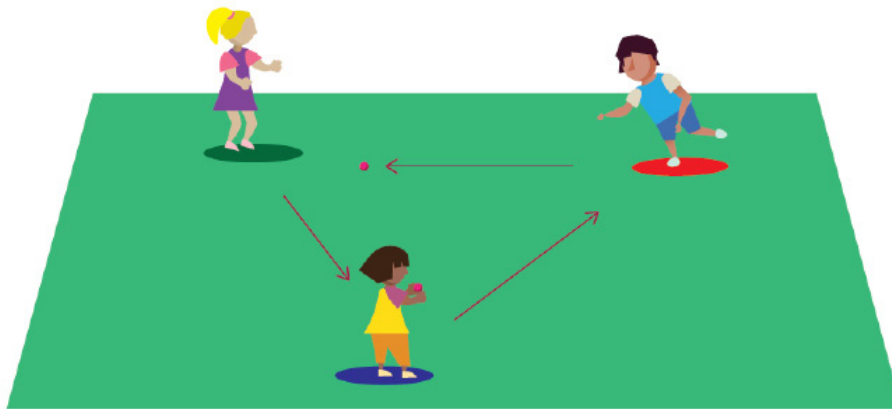
Players stand on points of a triangle and roll or bowl a ball to each other.

Equipment needed:

- Coloured dots
- Balls (various sizes)
- Markers or cones

Game setup:

Mark out a triangle with 3 - 5 metres between each point. Use a different coloured dot for each point of the triangle, e.g. blue, red, green. Put players in groups of 3. Ask each player to stand on a dot. Give each group one ball.



COACH INSTRUCTIONS

STAGE 1

Use player names and colours of dots when giving instructions.

TO PLAYERS: "Player 1 will bowl the ball to player 2 on the red dot. Player 2 will then bowl the ball to player 3 on the green dot. Player 3 will bowl it back to the start [player 1] on the blue dot. Keep going until I call STOP."

Scoring optional: "I will call STOP after 1 minute. Count how many times you can bowl the ball before I call STOP." Teams try to beat their score.

STAGE 2

Progression from stage 1. Place 2 cones to act as a gate between each of the players.

TO PLAYERS: "This time you need to bowl the ball through the cones to your teammates. You get 1 point if your ball goes through the middle of the cones without touching them. Count how many points your team can get before I call STOP."

Call STOP after 1 minute.

ASK: "What should you do with your feet when you bowl the ball?"
"How can you stop the ball from rolling past you?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Triangle Roll

Rules:

- > Vary the time challenge e.g. 30 seconds or 2 minutes.
- > Vary the scoring e.g. 1 point for each time the ball goes around the triangle.
- > Players perform an action after they bowl the ball e.g. star jump.
- > Call "**CHANGE DIRECTION**" to make teams bowl the ball in the opposite direction around the triangle.

Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller, harder ball.
- > Select balls with different colours or textures, or use a noisy ball such as a goal ball or a ball wrapped in a plastic bag to suit individual needs.

Teaching Style:

- > Use **visual aids** such as picture cards to show the skill you want players to perform.
- > Use player **role models** to demonstrate the correct technique.

Environment:

- > Replicate the game in an adjacent area to ensure all participants are engaged.
- > Make the triangle larger or smaller.
- > Make it harder by moving the goal cones closer together. Make it easier by moving them further apart. Move the goals closer or further away from players.
- > Play indoors or outdoors on grass or on a hard surface.

ALTERNATE SPORTS & SKILLS

Use this game to develop bowling accuracy and fielding skills for cricket and softball. Change the skill to develop kicking and passing skills for football.



SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players.
- > Ensure a safe distance between players and groups.
- > Play must stop before a player can retrieve a ball from another group's playing space.

Bullseye

SKILL FOCUS

Throwing | Accuracy

SPORTAUS

Special
Olympics
Australia



GAME SUMMARY:

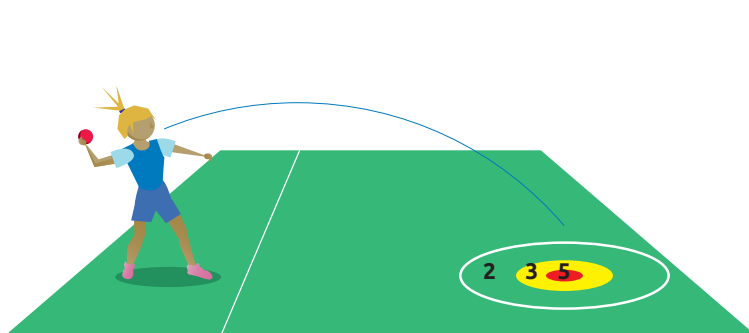
Players throw or roll a ball at a target with the aim of scoring maximum points.

Equipment needed:

- > Small non-rolling balls e.g. foam ball, scrunched up paper or bean bag (minimum 1 per player)
- > Markers or equipment to set up 3 circles e.g. dots, hoops, ropes. **Optional:** bucket or bin

Game setup:

Set up a target with 3 concentric circles. Chalk, markers or any equipment can be used to make circles, e.g. coloured dot for centre bullseye, hoop for middle circle and skipping rope(s) for outer circle. Ask players to stand on or behind a throwing line approximately 3 metres from the target.



COACH INSTRUCTIONS

STAGE 1

Participants play individually.

"Throw or roll your balls at the target. Count how many times you can hit the bullseye (or centre)."

STAGE 2

Participants play individually.

"Throw or roll your balls and try to make them land on the target. If your ball lands in the outer circle you get 1 point, if your ball lands in the middle circle you get 2 points, if your balls lands on the bullseye you get 5 points."

Repeat and see if players can beat their score.

STAGE 3

Participants play in small teams of 2 - 4. Points allocated as per stage 2.

"Take it in turns to throw or roll your ball at the target. Add your scores together."

Repeat and see if teams can beat their score.

ASK: *"Which throwing or rolling technique gives the most accuracy?" "What changes can you make if the ball goes too far or too short?"*

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Bullseye

Rules:

- > Allow any technique to propel the ball at the target (e.g. rolling, throwing, kicking) to include all ability levels.
- > Add a time challenge, e.g. see how many points you can score in 2 minutes.
- > Change the number of points allocated for each circle to increase engagement (e.g. the bullseye = 20 points).

Equipment:

- > Vary the type of balls or objects used to throw at the target. To increase success use a bean bag or foam ball. To challenge players, use a smaller, harder ball such as a tennis ball.
- > Place a bucket or bin in the bullseye. Students are required to land their ball in the bucket for maximum points.

Teaching Style:

- > Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.
- > Use **one on one coaching** to assist skill development.
- > Use **role models** to demonstrate successful technique.
- > **Encourage** partners or team members to provide feedback to each other.

Environment:

- > To increase success, move the throwing line closer to the target.
- > To challenge players, move the throwing line further from the target.
- > Play game against a wall using chalk or tape to mark out target.
- > Vary the size of the bullseye and target circles.

ALTERNATE SPORTS & SKILLS

Use this game to develop other skills such as kicking or bowling at the target. Players can throw using bocce technique.



SAFETY!

- > If possible, use soft throwing balls.
- > Ensure sufficient space between individual players and teams.
- > Players retrieve balls on the coach's command once everyone has finished throwing.
- > If game is played with a target on a wall, participants should be aware of the rebound.

Hit The Target

SKILL FOCUS

Throwing | Bowling | Shot Placement

SPORTAUS

Special
Olympics
Australia

GAME SUMMARY:

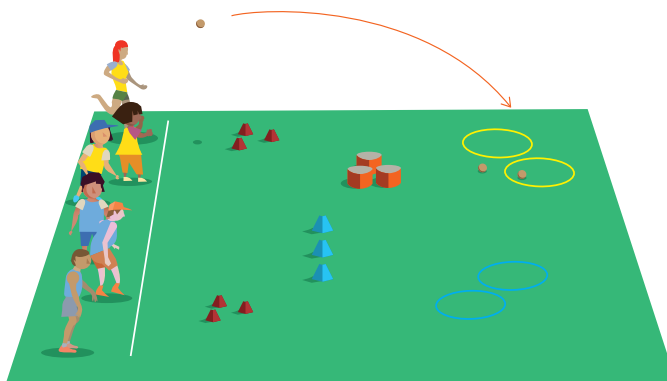
Players throw or roll balls towards different targets set up in the field. Points are scored by hitting targets.

Equipment needed:

- > Balls (various sizes and textures)
- > Variety of objects to make targets e.g. markers, buckets, cricket wickets, bins, plastic bottles, coloured dots, witches hats etc.
- > Chalk or tape

Game setup:

Put players in groups of 3. Mark out a throwing line using chalk or tape. In the field, place several targets using various pieces of equipment. Have at least 1 metre space between targets. Set targets at different distances from the throwing line. If possible, group targets in the same colour and at the same distance from the thrower e.g. green targets closest, yellow targets in the middle and red targets furthest from the thrower. This establishes scoring zones.



COACH INSTRUCTIONS

STAGE 1

Give the first player 3 balls. Modify your language according to how your targets are set up and the skill you want players to perform.

TO PLAYERS: "[Throw/roll] the balls one at a time. Try to hit one of the targets in the field." "Once you've thrown/rolled 3 balls, pick them up and give them to the next person in line."

Scoring: Players get 1 point for hitting a target.

STAGE 2

Give the first player 3 balls. Modify your language according to how your targets are set up and the skill you want players to perform.

TO PLAYERS: "[Throw/roll] the balls one at a time at the targets in the field. If you hit one of the [green/closest] targets you get 1 point, if you hit one of the [yellow/middle] targets you get 2 points, if you hit one of the [red/furthest] targets you get 3 points. Once you've [thrown/rolled] 3 balls, pick them up and give them to the next person in line."

Scoring: Each player throws/rolls three balls. Add up the score as a team. Teams try to beat their score next time.

ASK: "How will you decide which target to aim for?"
"How will you control the distance of your [throw/roll]?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Hit The Target

Rules:

- > Vary scoring e.g. 10 points if the ball lands on/in a target.
- > Vary the scoring challenge to encourage players to be strategic about shot placement e.g. aim to get 15 points in total.
- > Teams can play against another team.
- > Players can kick the ball at targets.

Equipment:

- > Vary the size and texture of the balls. Allow players to choose the balls they prefer.
- > Use a skipping rope as the throwing line or use a coloured dot to show the thrower where to stand.
- > Make it easier by adding targets. Make it harder by taking some targets away.

Teaching Style:

- > Use player **role models** to demonstrate effective batting and fielding skills.
- > Use **questioning** to encourage players to think about their own strategies and technique.
- > Use **visual aids** such as a picture card of the skill you want players to perform.

Environment:

- > Game can be played with 2 teams using the same field. If it is too crowded, set up another field and replicate the game.
- > Move the targets closer, further away or to different positions in the field. Gaps between targets can be increased or decreased.
- > Play the game indoors or outdoors, on grass, carpet or a hard surface.

ALTERNATE SPORTS & SKILLS

Use this game to develop accuracy for tenpin bowling, bocce, cricket or softball. Modify the skill to develop kicking accuracy for football.



SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players.
- > Players must wait until play is stopped before retrieving balls from the field.
- > Ensure a safe distance between groups and between different playing areas if game is replicated.

Pizza Toppings

SKILL FOCUS

Throwing | Accuracy

SPORTAUS



GAME SUMMARY:

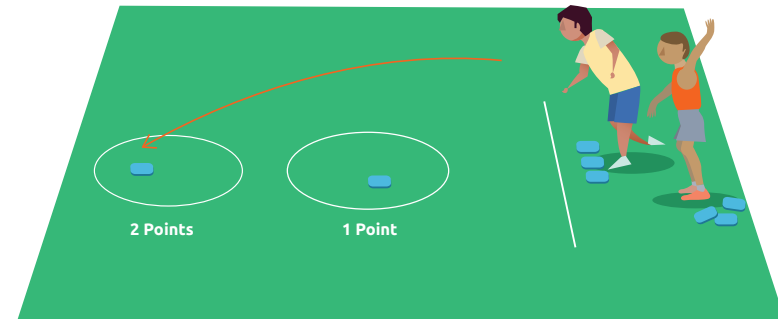
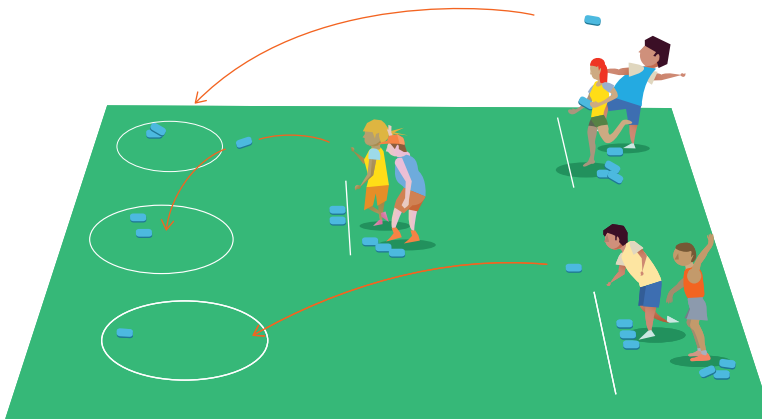
Players score points for landing objects or “toppings” on a target or “pizza”.

Equipment needed:

- > Targets (equipment such as bases, hoops, gym mats or towels can be used)
- > Markers
- > Bean bags x 4 per player (or any objects that will not bounce)

Game setup:

Players stand behind a throwing line. Place targets at an appropriate distance from throwing line according to ability level. Players and teams can share a target. Give each player 4 objects to throw.



COACH INSTRUCTIONS

STAGE 1

Play individually.

“Throw your ‘toppings’ one at a time at the ‘pizza base’. You get 1 point for each time you land a topping on the pizza.”

Repeat and see if players can beat their score.

STAGE 2

Play in pairs. Set up 2 targets with the closest target worth 1 point and furthest target worth 2 points.

“Take it in turns to throw a topping at the pizza base. Your aim is to score 10 points between you and your partner.”

ASK: “How will you decide which pizza base to aim for when it is your turn?”

Rotate partners after each round.

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Pizza Toppings

Rules:

- > Vary scoring - add extra targets with higher points for further distance.
- > Change the number of players on a team.
- > Players can have more or less objects to throw each turn.
- > Vary challenge – teams can aim for a set score or aim for the highest score in a set time.
- > Vary the type of throw, e.g. 1 or 2 hands, underarm or overarm.

Equipment:

- > Vary the size of the target, make it easier by using a large item such as a gym mat or towel, make it harder by using a small item such as a base or coloured dot.
- > Vary the type of object (e.g. bean bags, coins, buttons).

Environment:

- > Game can be played indoors or outdoors, on grass or hard surface.
- > Vary throwing distance, make it easier by moving target closer, make it harder by moving target further away.

Teaching Style:

- > Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.
- > Use **role models** to highlight good throwing technique.
- > Use **one on one coaching** to assist with skill development.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing and accuracy skills required for sports such as bocce. Objects can be swapped for balls and players can bowl them at the target.



SAFETY!

- > Ensure a safe distance between players / groups.
- > Players need to wait until all objects have been thrown before they enter the playing area.

Corner Bocce

SKILL FOCUS

Throwing | Accuracy | Bowling

SPORTAUS

Special
Olympics
Australia



GAME SUMMARY:

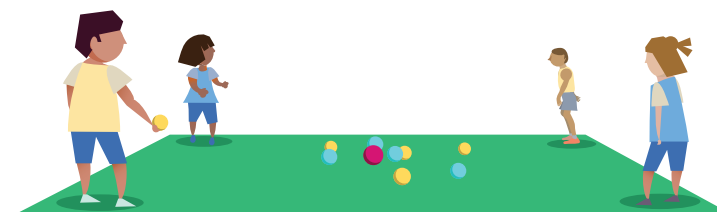
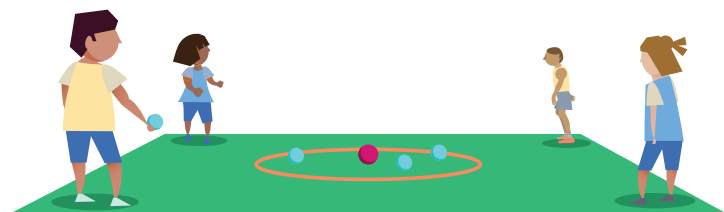
Players work in pairs or teams to accurately place balls close to the target.

Equipment needed:

- > Tennis balls or similar (2 per player)
- > 1 different coloured ball per group
- > Coloured dots (4 per group)
- > Hoop or chalk

Game setup:

Mark out a square playing space with a coloured dot at each corner. Split players into groups of 4 and have 1 player stand on each coloured dot. Place a target ball in the middle of the playing space.



COACH INSTRUCTIONS

STAGE 1

Play individually and give each player 1 ball.

"Throw your ball and try to make it land as close to the [coloured] target ball as you can."

Retrieve balls and play again.

Scoring Optional: 1 point for the player who lands their ball closest to the target each turn.

STAGE 2

Play as a team of 4. Give 2 balls to each player. Draw a large circle or place a hoop in the centre of the playing space with the target ball in the middle.

"Throw your balls one at a time and try to make them land as close to the [coloured] target ball as you can. Your team gets 1 point for each ball that lands inside the circle."

Repeat game and see if teams can beat their score.

ASK: "Where should you look when you throw?"

STAGE 3

Play in pairs with partners standing on diagonally opposite corners. Give 2 balls to each player.

"Take it in turns to throw your balls. Try to land your team's balls closer to the target ball than the other team. The ball that lands closest gets 3 points, the next closest ball gets 2 points and the next closest gets 1 point."

Repeat game and see if teams can beat their score.

ASK: "How will you control the length you throw your ball?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Corner Bocce

Rules:

- > Players can throw underarm or bowl.
- > Vary scoring, e.g. award 4-3-2-1 points or award points for each ball closer to the target than the opposition's closest ball.
- > Change the aim, e.g. award or deduct points for hitting the target ball.
- > Players can take it in turns to throw / bowl, or all together when the coach says **GO**.

Equipment:

- > Vary the throwing object – balls may continue to roll on hard surfaces so bean bags may be better to use.
- > Use equipment suitable for individual players such as different coloured balls or different textures.

Teaching Style:

- > Use **visual aids** such as a picture card of a throw / bowl to demonstrate the skill you want players to perform.
- > Use **role models** to highlight good technique.
- > Use **one on one coaching** to assist with skill development.

Environment:

- > Use a playing surface that suits the sport you are coaching, (e.g. artificial grass for bocce or hard floor for bowling).
- > Vary throwing distance – expand or reduce size of playing space.
- > Replicate game - maximum 4 players per game.
- > If bowling, play against a wall with pairs lined up at 2 corners and aim to hit the target ball.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing and accuracy skills required for bocce. Alternatively, players can bowl the ball at the target to develop ten pin bowling skills.



SAFETY!

- > Players must throw the ball gently enough to land in the square (to ensure the safety of players opposite them).
- > Players need to wait until all balls have been thrown before they enter the playing space to retrieve them

Target Relay

SKILL FOCUS

Kicking | Bowling

SPORTAUS



GAME SUMMARY:

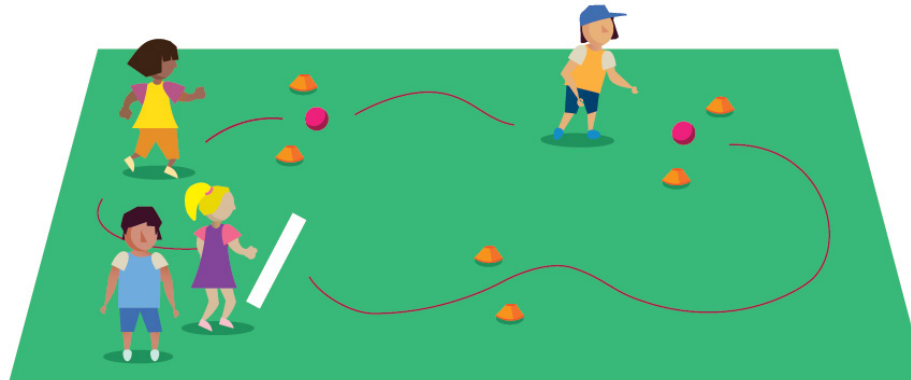
Players move around a course kicking or bowling a ball through several pairs of markers set up as 'goals'.

Equipment needed:

- Markers (different colours)
- Balls (various sizes) - 1 per player
- Chalk

Game setup:

Mark out a start/finish line. Using chalk, draw a line that loops around back to the start line for players to follow. Set up several pairs of markers or 'goals' approximately 1 metre apart, with the line going through the middle of each 'goal'.



STAGE 1

Players start by standing on the starting line. Players move through the course individually.

TO THE PLAYERS: "Follow the line to the first goal. Kick/bowl your ball through the goal. Move to the next goal and kick/bowl your ball through it. Keep going until you get back to the start line."

Give players a rest then they can go again.

STAGE 2

Players work in pairs or teams of 3. One ball per team. The first player on each team stands on the starting line with a ball.

TO FIRST PLAYER: "When I say go, take your ball and follow the line around the course. When you get to each goal, kick/bowl your ball through the middle of the markers. Keep going until you get back to the start line. Give the ball to the next player on your team."

TO SECOND PLAYER: "After the first player has started going around the course, go and stand on the starting line. When they give you the ball, it is your turn to go."

Optional: Give players a time challenge e.g. "I will give you 5 minutes, see how many times your team can get around the course." Teams go again and try to beat their score.

ASK: "Where did you look each time you were aiming at a goal?"

COACH INSTRUCTIONS

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Target Relay

Rules:

- > For Football, players can dribble the ball between each goal.
- > Vary scoring e.g. time how long it takes a team to go around twice. Or teams can count how many 'goals' they score in a set time.
- > Vary the way players move around the course e.g. change the locomotor movement to skipping or hopping.
- > Players can move around in pairs, passing to each other between goals.

Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it more challenging with a smaller, harder ball.
- > Use a coloured dot to show players where they need to "shoot" from for each goal.
- > Use tape or rope to mark the start /finish line.

Teaching Style:

- > Use player **role models** to demonstrate effective dribbling, kicking or bowling skills.
- > Use **visual aids** such as a performing a kick or bowl to demonstrate the skill you want players to perform.
- > Use **staff helpers** to walk through the course with each player.

Environment:

- > Play indoors or outdoors on grass or a hard surface. Play on grass or carpet to slow the speed of the balls.
- > Make it harder by moving the goal markers closer together. Make it easier by moving them further apart.
- > Use an existing line on the playing area if chalk is not available.
- > Make the course longer or shorter to suit ability levels.

ALTERNATE SPORTS & SKILLS

Use this game to develop dribbling and shooting skills for Football, and bowling skills for tenpin bowling.



SAFETY!

- > Players must all move around the course in the same direction.
- > Stagger the start times to avoid congestion through the course.
- > Ensure a safe distance between players.
- > Ensure players kick or bowl the ball along the ground.

Ball Snake

SKILL FOCUS

Throwing | Accuracy

SPORTAUS

Special
Olympics
Australia



GAME SUMMARY:

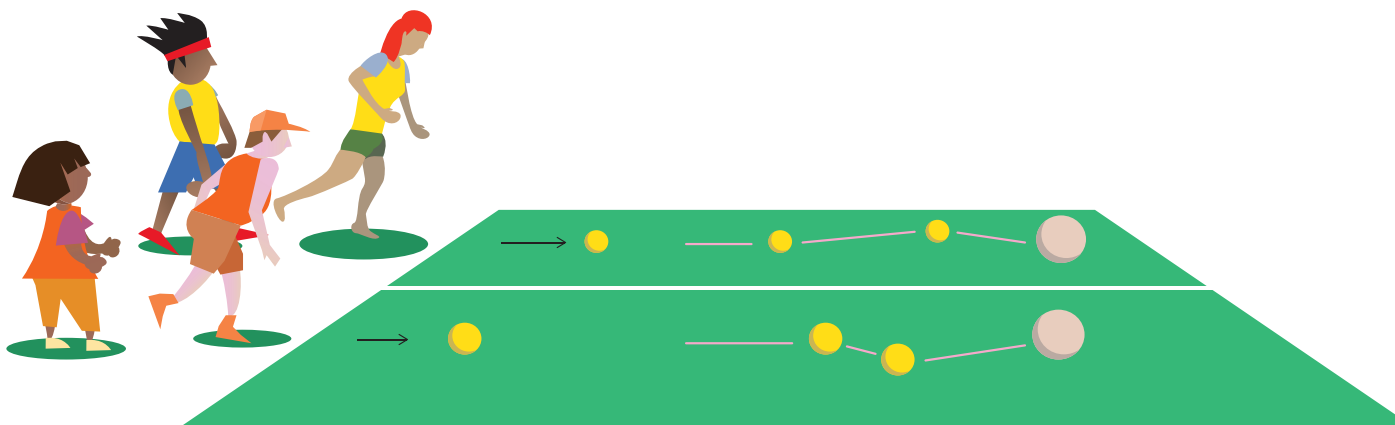
Players take turns to throw balls to make the shape of a snake.

Equipment needed:

- Tennis balls or bean bags (1 per player)
- 1 larger ball per group (For snake head)
- Markers

Game setup:

Split players into teams of 2 - 4. Mark out a lane for each team. Throwers to stand behind a throwing line.



COACH INSTRUCTIONS

STAGE 1

"Take it in turns to throw your balls / bean bags. You are aiming to make a line of balls inside your team's lane like the body of a snake. The team with their balls in the longest line wins."

Measure the lines, then repeat and see if teams can beat their score.

STAGE 2

"The first person in line needs to throw the large ball towards the far end of your team's lane. This will be the head of your snake. Everyone else will then take it in turns to throw, trying to make your balls land in a line to make the snake's body. When everyone has thrown their ball, I will measure your snake from head to tail. The team with the longest snake will be the winner."

ASK: "How will you control the length you throw your ball?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Ball Snake

Rules:

- Teams can aim to make the longest or the shortest snake.
- The snake's head can be at the far or near end of the lane.
- Players can aim to land their ball in order, i.e. furthest to closest or vice versa.
- Change the number of players on a team.
- Players can throw 2 balls each to make a longer snake.
- Use markers to indicate a no-throw zone in front of the throwing line, i.e. so players do not drop balls just over the throwing line.

Equipment:

- Vary the throwing object – balls may continue to roll on hard surfaces so bean bags may be better to use.
- Use equipment suitable for individual players such as different coloured balls, different textures or use a goalball for noise.

Environment:

- Game can be played indoors or outdoors, on grass or hard surfaces.
- Vary throwing distance – expand or reduce the size of the throwing lane.
- Players can be moved forward or backwards from the throwing line to challenge players at individual level.

Teaching Style:

- Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.
- Use **role models** to highlight good throwing technique.
- Use **one on one coaching** to assist with skill development.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing and accuracy skills for bocce. Throwing can also be swapped for bowling.



SAFETY!

- Ensure a safe distance between each team's lane.
- Players need to wait until all balls have been thrown before they enter their throwing lane.
- If a ball goes into another team's lane, play must stop before they can retrieve it.

Throlf

SKILL FOCUS

Throwing | Accuracy

SPORTAUS



GAME SUMMARY:

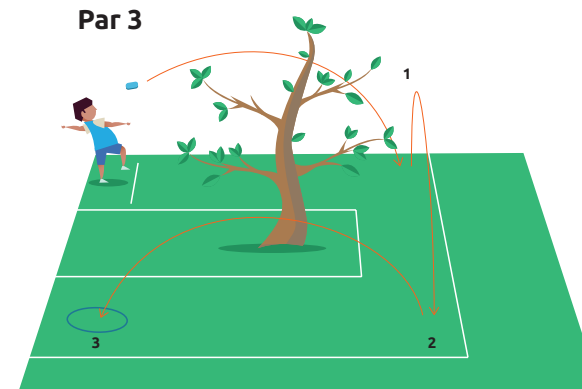
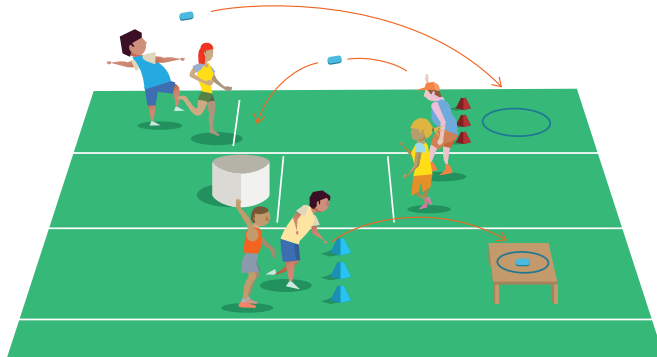
Similar to golf, players move around a course trying to throw a bean bag into a target in the least number of throws.

Equipment needed:

- > Bean bags (1 per player)
- > Coloured dots
- > Range of equipment to make at least 5 targets, e.g. hoops, buckets, markers, gym mats, hurdles
- > Print out of par numbers for each hole (optional)

Game setup:

Create a course where players move around in the same direction (e.g. clockwise.) For each target, place a coloured dot to mark the 'tee' where players must throw from. Players can all start at a different target and play individually or in pairs.



COACH INSTRUCTIONS

STAGE 1

"Stand on the coloured dot. Throw your ball and try to make it land in the target. If you miss, stand where your bean bag lands and throw again from that spot."

Scoring Optional: Players count how many throws they make.

STAGE 2

Place a 'par' number next to each coloured dot, or 'tee'.

"Stand on the coloured dot and throw your ball towards the target. If you miss, stand where your bean bag lands and throw again from that spot."

"There is a number next to each dot. Try to get your bean bag into the target in this number of throws or less. Count how many throws you make for each hole and keep track of your score as you move around the course. The player with the lowest score wins."

ASK: "If there is an obstacle in the way of the target, how can you get around it using the least number of throws?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

PHYSICAL LITERACY ELEMENTS

Object Manipulation | Motivation | Ethics | Relationships | Rules | Strategy & Planning

AC:HPE CONTENT DESCRIPTIONS

ACPMPO25 | ACPMP043 | ACPMP061

BRANCH OUT! Tips to modify Throlf

Rules:

- > Vary the throw, e.g. underarm, overarm, bowl.
- > To simplify scoring, give players 1 point if they hit the target in one throw (players aim for the highest score). To make it more complex, use golf scoring and add a point if the bean bag lands in a 'bunker'.

Equipment:

- > Make it easier by using large targets, e.g. hoops. Make it harder by using smaller targets e.g. small bucket.
- > Various equipment can be used to set up obstacles or 'bunkers'. For example, if the target is a hoop, put a gym mat in front of it to create a bunker.
- > Scrunched up paper can be used instead of bean bags.

Teaching Style:

- > Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.
- > Use **one on one coaching** to assist with skill development during the game.
- > Provide **aids** such as pencil and paper to help players keep their score.

Environment:

- > Game can be played indoors or outdoors, on grass or hard surface.
- > Make it easier by moving targets closer to the tee. Make it harder by moving targets further away.
- > Permanent things such as trees or walls in the playing environment can be used to make the holes more challenging, e.g. put an obstacle between the tee and the target, or place the target around a corner. Large objects such as chairs and tables can also be used.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing and accuracy skills for bocce, or balls can be bowled at the target to develop ten pin bowling skills. The game can also be used to develop the concept of golf.



SAFETY!

- > Ensure a safe distance between each target.
- > Play one at a time.
- > Players must wait for their partner to move to the side before throwing.
- > Make sure players wait for the player / group in front of them to move onto the next 'hole' before throwing from the 'tee.'

Soctopus

GAME SUMMARY:
Players dribble a ball across the playing field whilst trying not to let defenders steal their ball.

- Equipment needed:**
- > Balls (1 per player)
 - > Field markers
 - > Bibs or coloured bands

Game setup:
Mark out a large rectangle playing area. Choose 1 or 2 players to be defenders and give them a bib. Defenders stand in the middle of the playing space. All other players line up along the end line with a ball each.

SKILL FOCUS

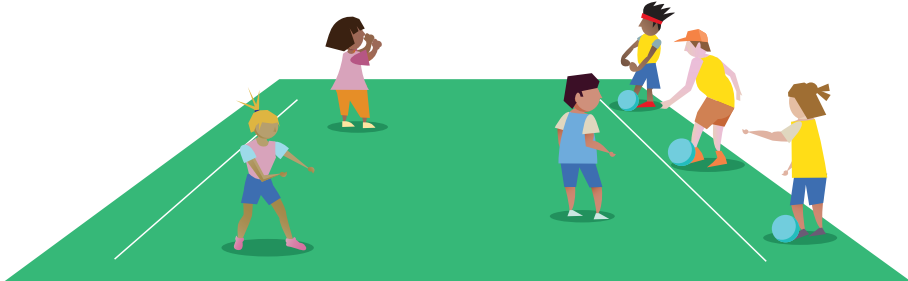
Dribbling



■ Dribblers
■ Defender



■ Dribblers
■ Defender
■ Tagged



COACH INSTRUCTIONS

- STAGE 1**
- TO DRIBBLERS:** "When I say **GO**, dribble your ball to the other end line. Stay inside the boundary lines. Try not to let the defender take your ball."
- TO DEFENDER(S):** "Try to steal a ball away from a dribbler. Be careful not to touch players as you take their ball. If you steal a ball, give that player your bib, take their ball and then you become a dribbler."

Dribblers wait at each end for the coach or defender to call **"GO!"**

FOUNDATION:
Skill Development

- STAGE 2**
- TO DRIBBLERS:** "When I say **GO**, dribble your ball to the other end line. Stay inside the boundary lines. Try not to let the defender near your ball. If your ball gets stolen or kicked away, put your ball to the side of the court. You must then stand still on the field where your ball was kicked. As players dribble past you, try to tag them with your hands."
- Dribblers who get tagged by stationary taggers also need to put their ball to the side and become a stationary tagger.
- TO DEFENDER(S):** "Try to steal or kick the ball away from the dribblers. Be careful not to touch the players as you go for the ball."
- ASK:** "How can you use your body to protect your ball from defenders?" "Where should you try to look while you are dribbling to the other side?"

COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify Soctopus

Rules:

- > Add more defenders to make it harder for dribblers.
- > Give defenders a ball so they must also be dribbling.
- > Get defenders to call out a specific feature first so a smaller group (or individual) must get through the space before “GO” is called for the rest of the players. E.g. “Everyone wearing black shoes.”

Equipment:

- > Use different coloured markers for each end line so you can use the colours when explaining the game, e.g. line up behind the blue line. Dribble your ball to the green line etc.
- > Use balls relevant to the sport you are coaching.

Environment:

- > Make it harder for the defenders by making the area larger. Make it harder for the dribblers by making the area smaller.

Teaching Style:

- > **Play the game** with participants, either as a dribbler or defender.
- > Use **questioning** to encourage participants to think of their own strategies.
- > Use **one on one discrete coaching** during the game to help with skill development.

ALTERNATE SPORTS & SKILLS

Change the ball to develop basketball dribbling skills. Take the balls away and use this game as a warm up for any sport.



SAFETY!

- > Ensure playing area is free from obstructions.
- > Players need to be aware of others around them.
- > Ensure defenders do not touch dribblers to avoid pushing and tripping.
- > If the area is too confined, players can be restricted to walking for safety.

Boccia

GAME SUMMARY:

In teams, players try to land as many of their balls as close to a target as possible.

Equipment needed:

- > Coloured dots
- > Balls - 2 different colours per team
- > Ball or object for the 'jack'

SKILL FOCUS

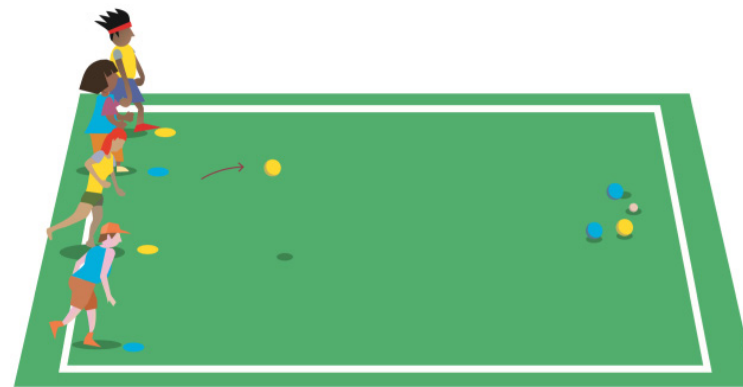
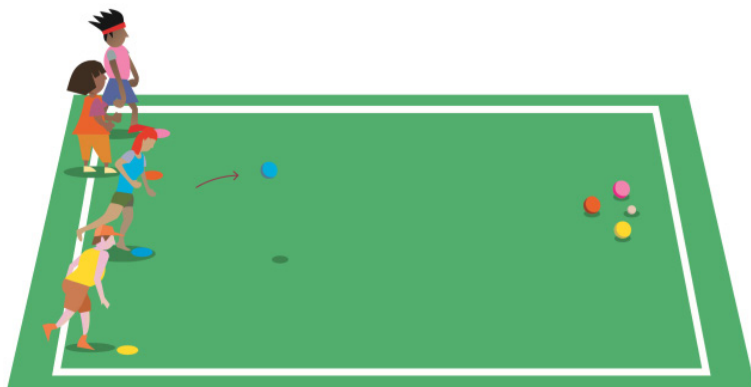
Throwing | Bowling | Accuracy

SPORTAUS



Game setup:

Mark out a square playing space. Play with 2 teams of 3 or 4 and coordinate the colours for each team e.g. green team and red team. Place coloured dots in a row, alternating colours e.g. green, red, green, red etc. Players stand on a dot matching the colour of their team. Give each player 2 balls of their team's colour. Choose one player to throw the 'jack' into the field to get the game started. Teams take it in turns to throw a ball and make it land as close as possible to the jack.



COACH INSTRUCTIONS

STAGE 1

Play individually. Get players to stand on a dot and give them one ball. Ideally each player will have a different coloured ball. The coach places the jack in the field.

TO PLAYER: "Throw your ball and make it land as close to the jack as you can."

Players take it in turn to throw their ball.

Scoring (optional): The player who lands their ball closest to the jack scores 1 point.

STAGE 2

Play team vs team e.g. green team vs red team

TO PLAYER: "Throw your ball and make it land as close to the jack as you can. If your team's ball is closest to the jack, I will give you 1 point for every ball that is closer to the jack than the other team's closest ball."

Players take it in turns to throw their ball. Ensure the teams alternate throws e.g. green team player throws followed by red team player and so on. Alternate the team who throws the jack.

ASK: "How can you control how far you throw/roll the ball?"
"How can you make it difficult for the other team to land their balls closer to the jack than your team?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Boccia

Rules:

- > Vary scoring e.g. only award 1 point for the closest ball to the jack.
- > Award extra points for hitting the jack or alternatively give a penalty for hitting the jack.
- > Players can throw or roll the ball or use an assistance device such as a ramp.

Equipment:

- > Vary the size and type of balls. Use balls with different textures and weight.
- > Use different equipment for the jack e.g. bean bag, frisbee, coin.

Teaching Style:

- > Use **staff helpers** to assist individuals and teams
- > Use **visual aids** such as picture cards of the skills you want players to perform.
- > Use **questioning** to encourage players to think about their own strategies and technique.

Environment:

- > Replicate the game in an adjacent area to ensure all participants are engaged.
- > Increase or decrease the size of the playing area.
- > Play indoors or outdoors. Ideally use a surface that will not allow balls to roll away.

ALTERNATE SPORTS & SKILLS

Use this game to develop accuracy for bocce or ten pin bowling.



SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players.
- > Ensure a safe distance between groups.
- > Ensure balls are only thrown into the designated playing area.
- > Play must stop before a player can retrieve a ball from another group's playing space.

Bat Tapping

SKILL FOCUS

Striking

SPORTAUS

Special
Olympics
Australia



GAME SUMMARY:

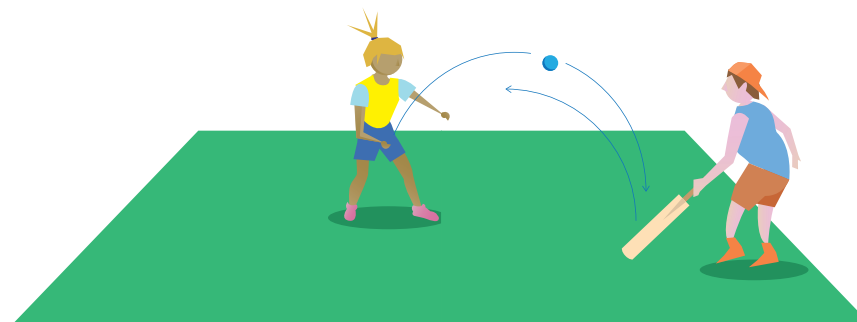
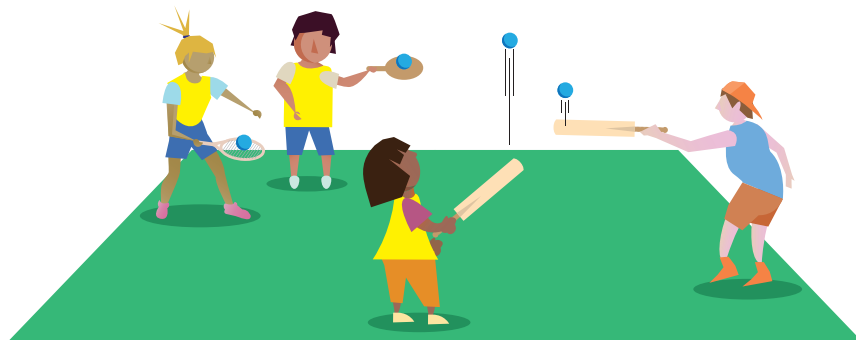
Players aim to tap the ball into the air with a bat as many times in a row as they can.

Equipment needed:

- Bats or racquets - 1 per player
- Balls - 1 per player

Game setup:

Players spread out ensuring they have sufficient space between each other. Give each player a ball and a bat or racquet.



STAGE 1

Play individually.

"Hold your bat / racquet flat. Try to balance the ball on your bat / racquet for as long as you can."

"When I say **TAP**, try to flick the ball into the air then hit it again with your bat / racquet."

STAGE 2

Play individually.

"Tap the ball into the air with your bat / racquet. Try to do small taps up and down. Count how many times in a row you can tap the ball. Make sure you keep your eyes on the ball."

If the ball drops, players pick it up and start counting again from the beginning.

ASK: "Which part of the bat / racquet should you hit the ball with to make it go straight up in the air?" "How should you hold the bat / racquet to have the most control?"

STAGE 3

Play in pairs.

"Throw the ball to your partner. Your partner needs to tap the ball back to you for you to catch. Count how many times in a row you can tap the ball back and catch it without the ball dropping."

Swap batters and throwers after the ball is dropped or after a set period of time. Pairs try to beat their score.

ASK: "Where is the best place to aim your throw so your partner can tap it back?" "How should you hold your hands ready to catch?"

COACH INSTRUCTIONS

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Bat Tapping

Rules:

- > Set a challenge, e.g. stand on one foot while tapping the ball.
- > Challenge players to use the thin edge of the bat / racquet (if appropriate).

Equipment:

- > Vary the size of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller, harder ball.
- > Use a bat or racquet relevant to the sport you are coaching.

Teaching Style:

- > Use **role models** to demonstrate effective throwing and catching skills.
- > Use **one on one** discrete coaching to assist players during the game.

Environment:

- > Play indoors or outdoors on grass or hard surface.
- > Try to minimise distractions.
- > **Stage 3:** Move the batter and thrower closer together or further apart.

ALTERNATE SPORTS & SKILLS

Use this game to develop hand eye coordination and striking skills for cricket, softball, tennis and table tennis.



SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players.
- > Ensure adequate space between individuals and groups.
- > Players must not interfere with other players.
- > Bats must not be swung around.

Pinball

SKILL FOCUS

Throwing | Accuracy

SPORTAUS



GAME SUMMARY:

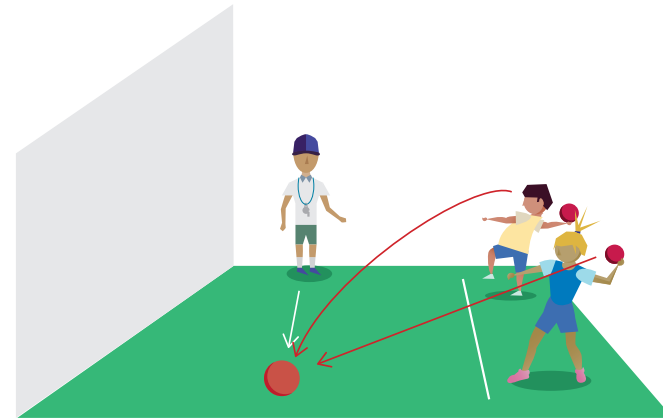
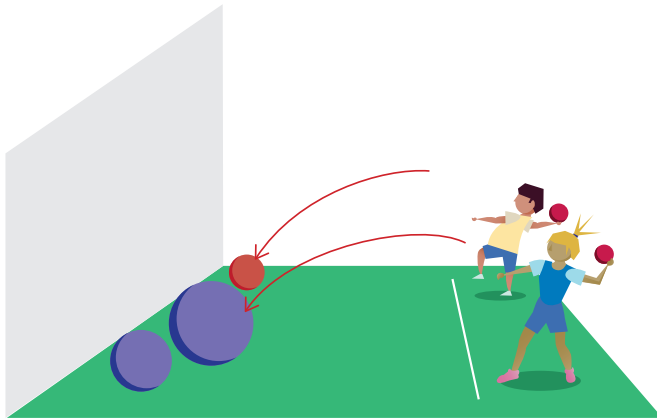
A large ball is rolled and players try to hit it with a small ball.

Equipment needed:

- > Field markers
- > Variety of large balls
- > Small balls (at least 1 per player)

Game setup:

Set up a rectangle playing space, ideally with a wall along one side to allow for easy retrieval of balls. Players stand behind the throwing line (opposite side to the wall). Coloured dots can also be used to show players where to stand. A coach or helper stands at either end of the playing space outside the line.



COACH INSTRUCTIONS

STAGE 1

Players have 1 ball each. Coach places 2 or 3 large balls stationary in the playing space.

"Throw your ball and try to hit one of the larger balls to make them move."

STAGE 2

Players have 1 ball each. Coach or helper rolls a ball from the sideline through the playing space.

As they roll the ball they call **"GO."**

"Throw your ball at the large ball as it rolls along. If you hit the ball you get 1 point."

Repeat, rolling the ball from the opposite side.

STAGE 3

Players have 2 balls each and work as one team. Coach or helper rolls a ball from the sideline through the playing space. As they roll the ball they call **"GO."**

"Throw your balls at the large ball as it rolls along. Your team gets 1 point if you can make the ball roll into the wall or over the line."

ASK: *"How can you work as a team to push the ball into the wall or over the line?" "How is it different when you're aiming for a moving target compared to a still target?"*

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Pinball

Rules:

- > Vary the throwing technique (e.g. overarm, underarm, rolling).
- > Roll more than 1 target ball and award 1 point for hitting either ball.
- > Vary the speed the target ball is rolled, or bounce the target ball along the playing space to increase the challenge.

Equipment:

- > Vary the size and type of target ball. Make it easier with a large exercise ball. Make it challenging with a smaller, harder ball.
- > Vary the throwing balls. Bean bags can also be used.
- > Use a target ball that makes noise such as a goalball.

Teaching Style:

- > Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.
- > **Encourage** players to work out the best method of throwing.
- > Use **role models** to demonstrate good throwing technique.

Environment:

- > Vary the throwing distance by rolling the ball closer to, or further from the throwing line.
- > Position the game close to a wall to allow easy retrieval of balls.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing skills for cricket and softball. Other skills such as kicking, rolling or bowling at the target ball can also be used.



SAFETY!

- > The balls cannot be retrieved until an "OK" signal is given.
- > Ensure sufficient space between throwers.
- > No one goes into the playing space during a game.
- > Use soft balls if possible.