

playing for all

TARGET GAMES PROGRAM PLANNER



Using the Program Planner

The Program Planner displays a sequence of Playing for All cards for delivering an eight-week program.

Each session is divided into three parts:

- Warm Up – A fun way to start the session and get participants active
- Get Into It – Games to develop and practice skills, strategies, and tactics
- Finish Up – A chance to review and seek feedback from your participants

The Program Planner is designed to be flexible. 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.

If all games are not completed in a session, a coach can use their discretion to start the next session with the remaining games or begin with the new games for that session.

Each Playing for All card has a series of levels. Not all levels need to be delivered, this will depend on the developmental ability of participants. Always start from level 1 and move up a level when participants can complete the game successfully.

Games are repeated in some sessions to provide an opportunity for participants to practice and consolidate skills. If a coach feels more repetition of games is required throughout the Program Planner, this is ok.

Keeping students engaged and having fun is important. The Program Planner includes 'participant choices' to allow participants to choose games they enjoy and would like to play again. Plan to ask your participants prior to the session, so you can plan what is required for this delivery.

Playing for All cards can be adapted and delivered in different sport themes. For example, games could be played by rolling an object (tenpin bowling or bocce) or by striking and object with equipment (golf).

Tip!

Don't forget to read the *Playing for All Delivery Guide* to help plan, prepare, deliver and review high quality sessions.

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.

Developing Physical Literacy

Physical literacy is about building the skills, knowledge, and behaviours that give us the confidence and motivation to lead active and healthy lives. It involves holistic learning through sport and physical activity and delivers health and wellbeing benefits across the physical, psychological, social, and cognitive domains.

Target Games provide fun and engaging ways to develop physical literacy across the four domains outlined below. The below key elements are a focus in the Program Planner. When planning your sessions look at the 'examples of how these can be developed' to help develop these effectively.

	Physical	Psychological	Social	Cognitive
Key Elements	Object Manipulation Reaction Time	Engagement and Enjoyment Confidence	Relationships	Strategy and Planning
Examples of how these could 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.

Coaching Tips

- 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

Session	1	2	3	4	5	6	7	8
Review & Warm Up (5-10 mins) Start with a brief review of last week then outline today's session, and play a fun warm up game	Making Groups (Coach to select)	Making Groups (Coach to select)	Rob The Nest	Rob The Nest	Throw Throw Throw	Throw Throw Throw	Participant choice	Participant choice and/or Play a modified game from a Target category sport e.g. Bocce, Golf, Ten Pin Bowling
Get into It (20-45 mins) Use TREE to modify games to suit the ability level (page 2 of activity card)	Speed Gate	Speed Gate	Pizza Toppings	Pizza Toppings	Ball Snake	Participant choice	Hit the Target	
	Collison Course	Pinball	L-o-n-g Target Throw	Target Relay	Pairs Mini Bocce	Bullseye	Boccia	
Optional Game	Target Relay	Bombard	Hit the Target	Corner Bocce	Throlf	Modified Game e.g. Bocce, Golf, Ten Pin Bowling	Modified Game e.g. Bocce, Golf, Ten Pin Bowling	
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?							

Making Groups

SPORTAUS



GAME SUMMARY:

These games can be used to split players into 2 or more groups.



GAME 1: CLUMPS

Mark out a playing area with clear boundaries.

Coach Instructions: "Jog around the playing area. When I call out a number, you need to get into a group with that number of players."

Call out several different numbers and finish with the group size you want.

GAME 2: TWO HALVES

Mark out 2 squares of different colours, e.g. a red square and a blue square.

Any appropriate habit or characteristic can be used which will split the players into 2 groups. E.g.,

Coach Instructions: "If you prefer to hop on your right foot, go and stand in the red square. If you prefer to hop on your left foot, stand in the blue square."

OTHER EXAMPLES COULD BE:

- "Write with L or R hand?"
- "Prefer swimming or running?"
- "Wink with L or R eye?"
- "Step forward with L or R foot?"
- "Prefer beach or pool?"
- "Cross arms with L or R arm on top?"
- "Like dogs or cats better?"
- "Prefer bananas or apples?"

GAME 3: SPLITTING PAIRS

Players need to be in pairs already.

Coach Instructions: "I'm going to call out an action. You need to try to perform the action faster than your partner."

Choose an action to perform that is appropriate for all ability levels. The first player in each pair to perform the action makes up group 1, the second player makes up group 2.

SOME EXAMPLES OF ACTIONS CAN BE:

- "Hop on 1 leg and touch your nose."
- "Sit down and lift both feet off the floor."
- "Balance on 1 foot like a stork."

GAME 4: BACK 2 BACK, FACE 2 FACE

Coach Instructions: "When I say 'back to back' you need to stand with your back against someone else. When I say 'face to face' you need to find someone different and stand facing them."

Continue playing for a few turns. At the end, get 1 player from each pair to join group 1, and the other player to join group 2.

BRANCH OUT! Tips to modify Making Groups

Rules:

- > Make groups of similar ability by moving players between groups.
- > If you need to make more than 2 teams you can play the game again, e.g. play with 2 groups and split them to make 4.
- > Players perform different locomotor movements when moving around e.g. skipping, hopping.

Equipment:

- > Use markers to show where teams stand and use colours as team names, e.g. green team and yellow team instead of team 1 and team 2.
- > **Clumps:** The more field markers used, the better to clearly outline playing boundaries.

Teaching Style:

- > Coach or staff helpers can join in the games to help participants and be a positive role model.

Environment:

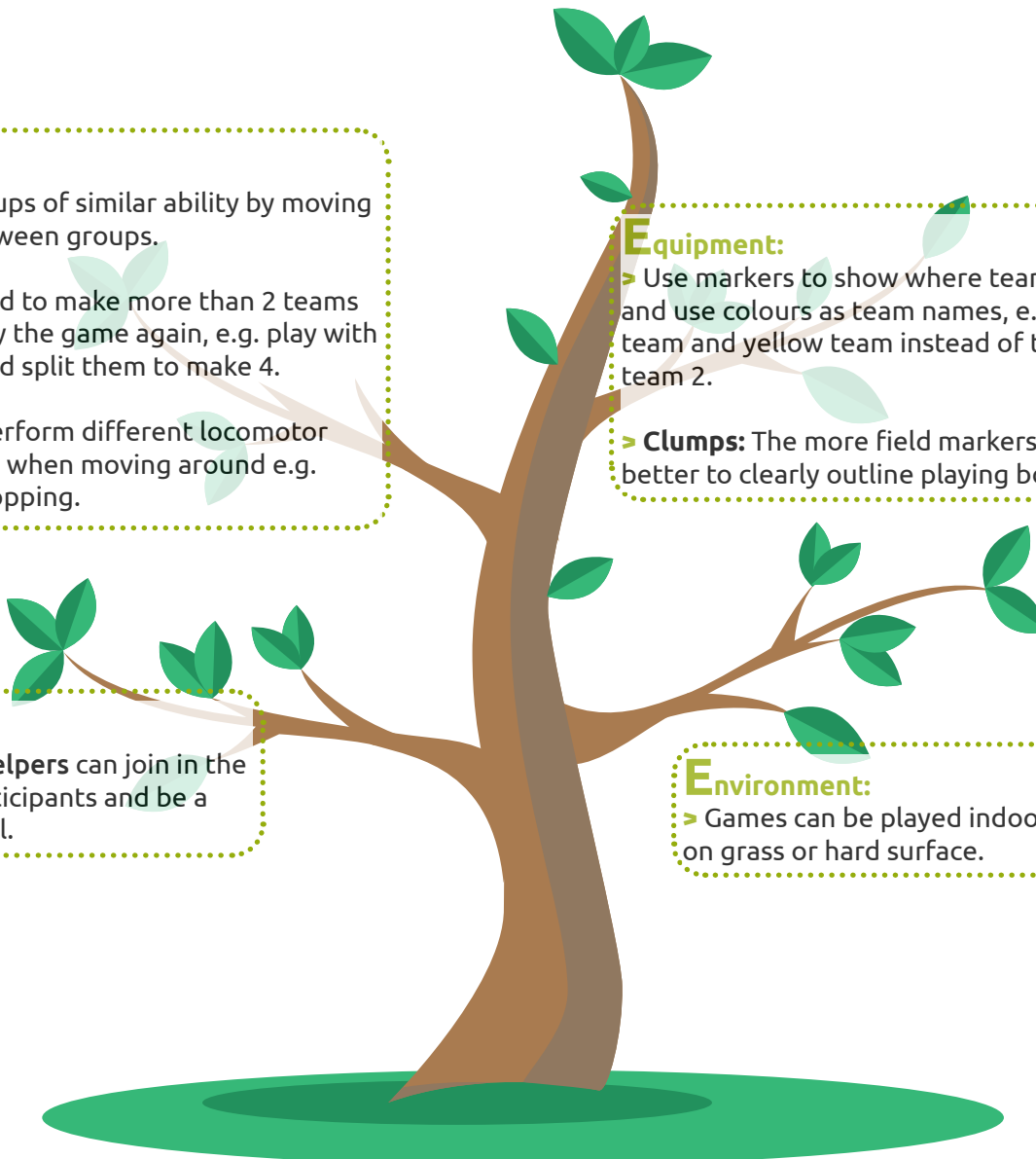
- > Games can be played indoors or outdoors, on grass or hard surface.

ALTERNATE SPORTS & SKILLS

These games can be used as a warm up for any sport.

SAFETY!

- > Ensure playing area is free from hazards and obstructions. If indoors, make sure boundaries are well clear of walls.
- > Players need to be aware of those around them to avoid collisions.
- > If relevant, start with easy movements / balances and build up to more challenging skills.



Speed Gate

SKILL FOCUS

Accuracy | Bowling | Rolling

SPORTAUS

Special
Olympics
Australia

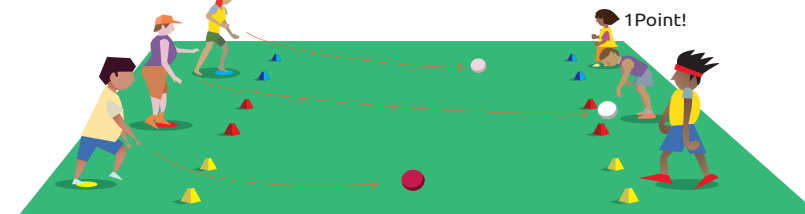


GAME SUMMARY:

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.

Collision Course

SKILL FOCUS

Striking | Fielding | Shot Placement

SPORTAUS



GAME SUMMARY:

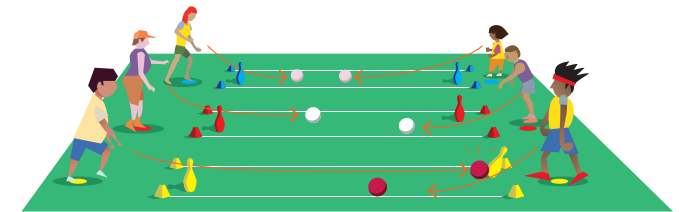
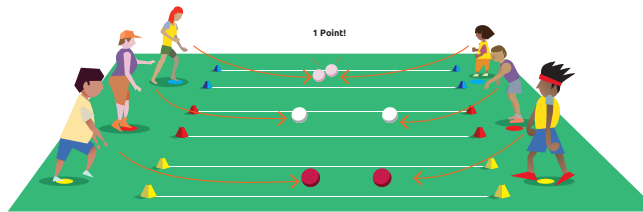
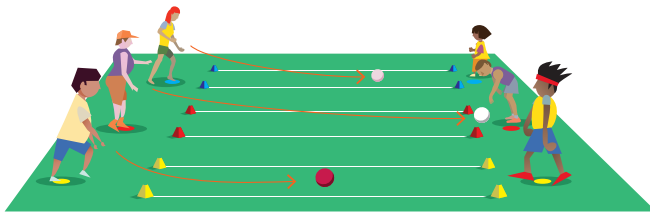
Players standing opposite each other bowl a ball at the same time trying to hit each other's ball.

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.

Target Relay

SKILL FOCUS

Kicking | Bowling

SPORTAUS



GAME SUMMARY:

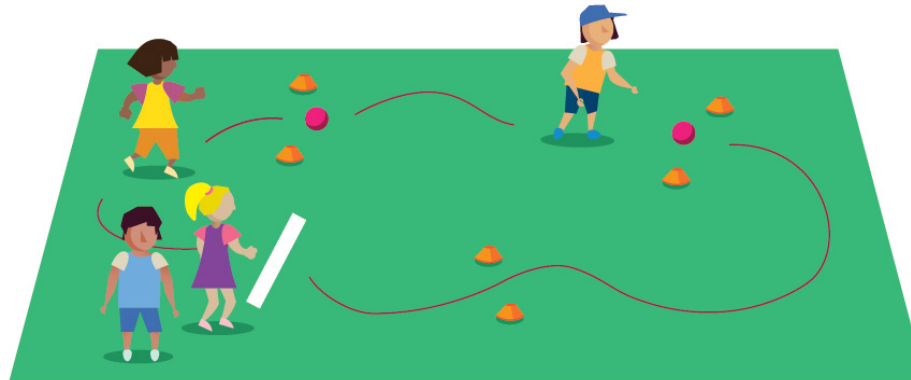
Players move around a course kicking or bowling a ball through several pairs of markers set up as 'goals'.

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.

Pinball

SKILL FOCUS

Throwing | Accuracy

SPORTAUS



GAME SUMMARY:

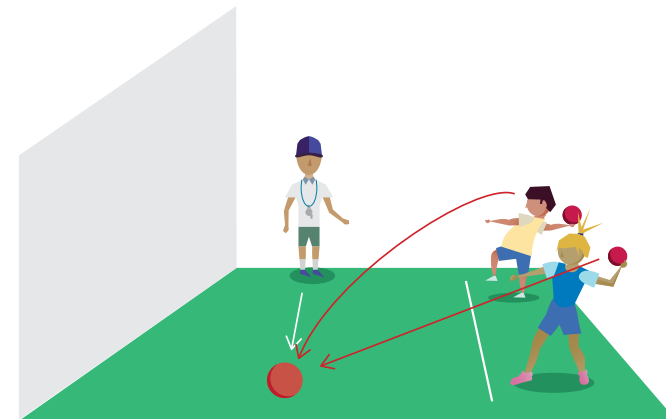
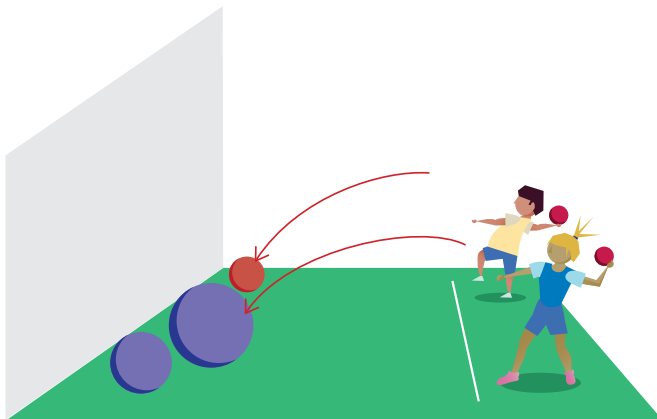
A large ball is rolled and players try to hit it with a small ball.

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.

Bombard

SKILL FOCUS

Throwing | Accuracy

SPORTAUS



GAME SUMMARY:

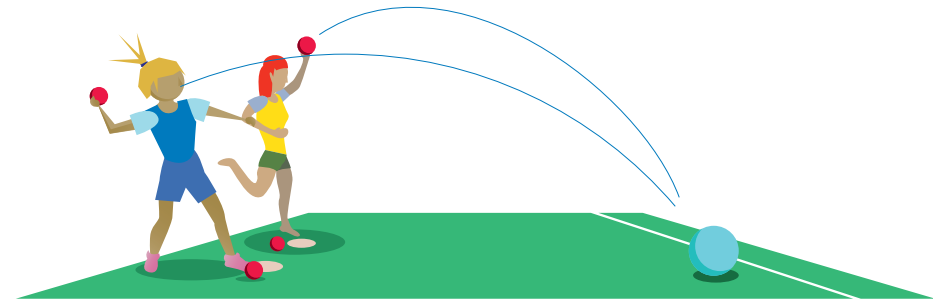
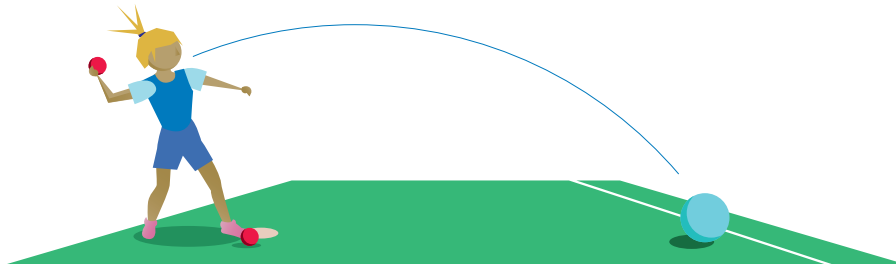
Players throw balls at a large target ball with the aim of moving it over a line.

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.

Rob the Nest

SKILL FOCUS

Locomotor Movement | Throwing
Catching | Fielding

SPORTAUS

**Special
Olympics**
Australia

GAME SUMMARY:

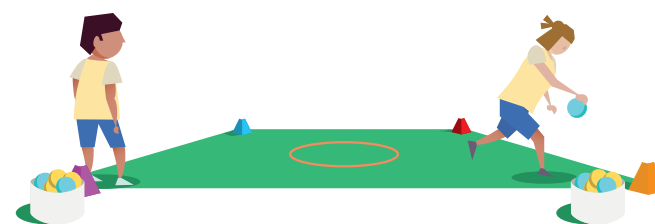
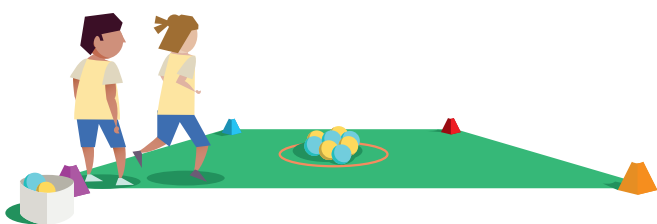
Players collect balls one at a time from the centre hoop and place them in their team bucket. Teams aim to get the most amount of balls in their bucket.

Equipment needed:

- > 4 markers or dots of different colours
- > 1 hoop
- > 15 - 20 balls of various sizes
- > 4 team buckets

Game setup:

Place 15 - 20 balls in a hoop in the middle of the playing space. Place 4 markers or dots of different colours at even distances from the hoop to make a square. Put a bucket next to each marker. Individuals or teams stand next to a marker (or on a dot). Where needed, have a staff helper for individuals / teams.



COACH INSTRUCTIONS

STAGE 1

"The first player in your team must run to the hoop, pick up a ball, then run back to your team and put the ball in your bucket. The next player in line then does the same. Take it in turns until all balls are gone from the middle."

Scoring Optional: Teams count how many balls they have collected. Repeat game where teams try to beat their score.

STAGE 2

Progression from stage 1.

"This time, when you pick up a ball from the hoop, turn around and throw it to the next player in your team. They catch the ball and put it in the bucket. Take it in turns until all balls are gone from the hoop. The team with the most balls at the end wins."

ASK: "Will it be easier for your team mate to catch the ball if you throw overarm or underarm?"

STAGE 2

Progression from stage 2.

*"This time, once all balls are gone from the middle, you can steal 1 ball at a time from another team. You must take it in turns. When I call **STOP**, go back to your marker. The team with the most balls wins."*

ASK: "How can your team collect the most balls?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Rob the Nest

Rules:

- > Vary the throwing technique (e.g. overarm, underarm).
- > Change the locomotor movement (e.g. skipping, hopping).
- > Vary the method the ball is delivered back to the bucket (e.g. rolling, dribbling, balancing the ball on a racquet, carrying the ball with one hand).

Equipment:

- > Use a ball relevant to the sport you are coaching.
- > Vary the type of ball. Make it easier with a larger, softer ball. Make it more challenging with a smaller, harder ball (e.g. tennis ball). Bean bags can also be used.
- > Use hoops instead of buckets to collect the team's balls.

Teaching Style:

- > Use **visual aids** such as picture cards to show the skill you want players to perform.
- > **Run with players** and guide them through each step of the game.
- > Use **questioning** to encourage players to think of their own strategies.

Environment:

- > Vary the distance the team markers are placed from the hoop. Make it easier by moving the markers closer for a shorter distance to run or throw. Increase distance to challenge players (ensure safety rules are followed).
- > Can be played indoors, outdoors, on grass or hard surfaces.
- > Minimise external distractions.

ALTERNATE SPORTS & SKILLS

Use this game to develop other skills such as rolling or dribbling the ball back to their bucket.



SAFETY!

- > Use balls appropriate for ability level, i.e. start with larger soft balls and move onto smaller balls.
- > Ensure players throw safely for their partner or team mate to catch.
- > Players must be aware of other players and be careful not to run into others when collecting balls.

Pizza Toppings

SKILL FOCUS

Throwing | Accuracy

SPORTAUS



GAME SUMMARY:

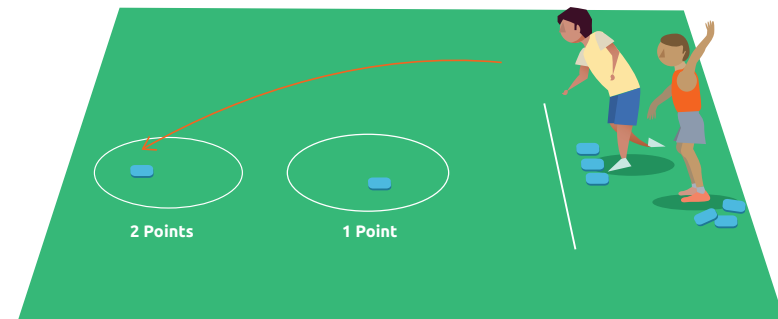
Players score points for landing objects or “top-pings” on a target or “pizza”.

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.

L-o-n-g Target Throw

SKILL FOCUS

Throwing | Accuracy | Fielding

SPORTAUS

Special
Olympics
Australia

GAME SUMMARY:

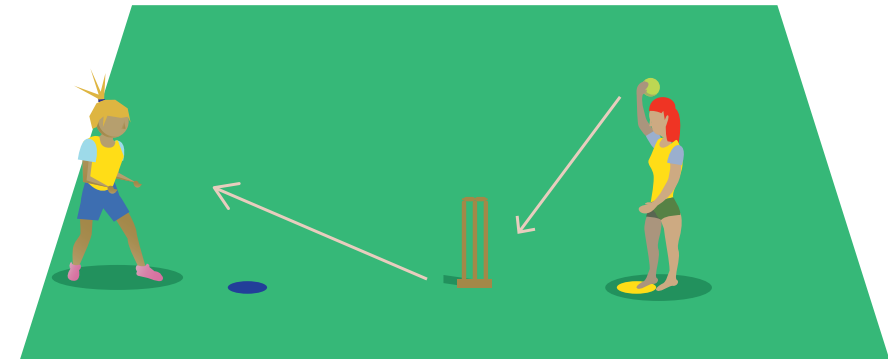
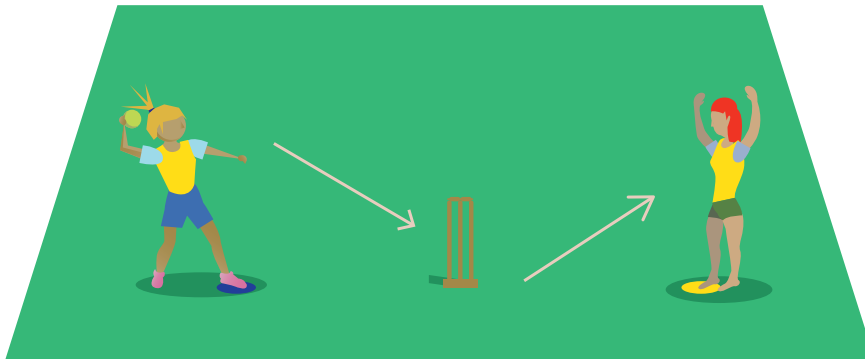
Players throw their ball at a target. If they hit the target they take a step back.

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

PHYSICAL LITERACY ELEMENTS

Object Manipulation | Reaction Time | Relationships | Collaboration | Perceptual Awareness

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08 | ACPMP025 | ACPMP043

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.

Hit The Target

SKILL FOCUS

Throwing | Bowling | Shot Placement

SPORTAUS



GAME SUMMARY:

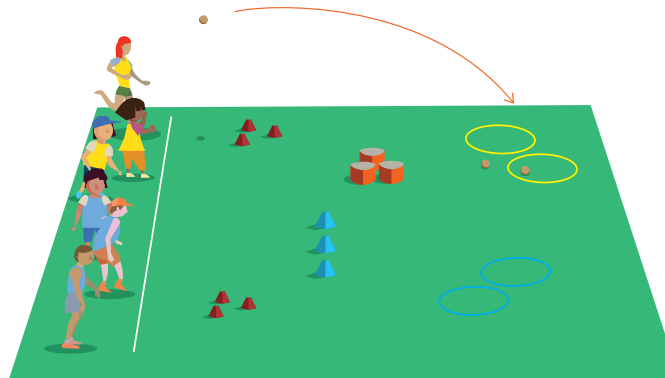
Players throw or roll balls towards different targets set up in the field. Points are scored by hitting targets.

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.

Corner Bocce

SKILL FOCUS

Throwing | Accuracy | Bowling

SPORTAUS

Special
Olympics
Australia



GAME SUMMARY:

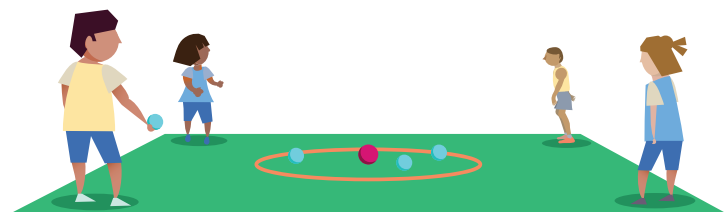
Players work in pairs or teams to accurately place balls close to the target.

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

Throw Throw Throw

SKILL FOCUS

Throwing | Catching

SPORTAUS



GAME SUMMARY:

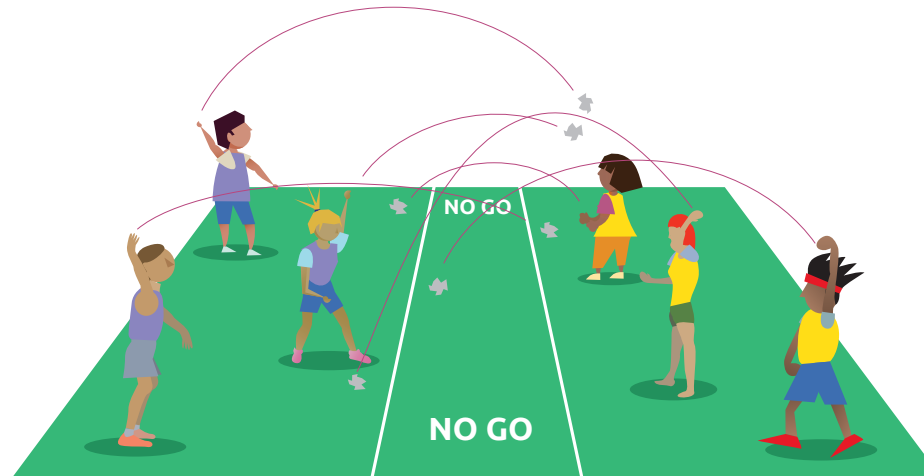
Players throw balls over a line in the direction of the opposite team. The team with the fewest balls at the end wins.

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.

Ball Snake

SKILL FOCUS

Throwing | Accuracy

SPORTAUS

Special
Olympics
Australia



GAME SUMMARY:

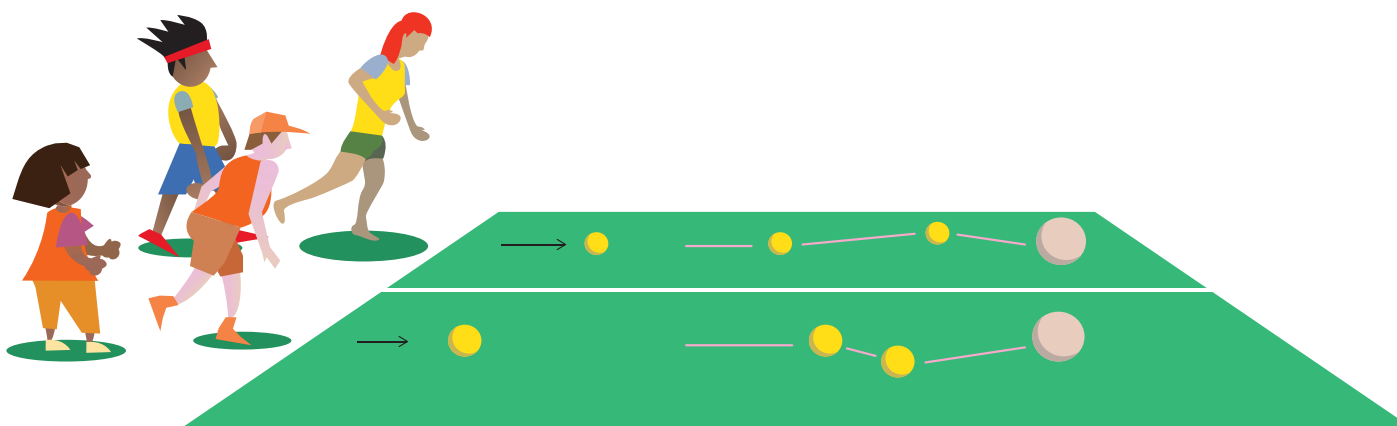
Players take turns to throw balls to make the shape of a snake.

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.

Pairs Mini-Bocce

SKILL FOCUS

Throwing | Bowling | Accuracy

SPORTAUS

Special
Olympics
Australia



GAME SUMMARY:

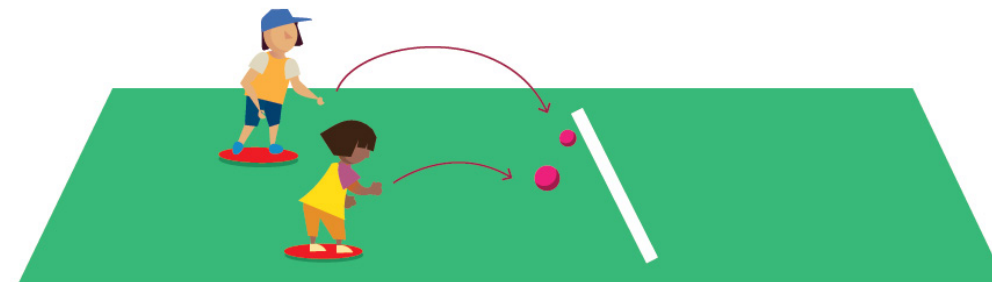
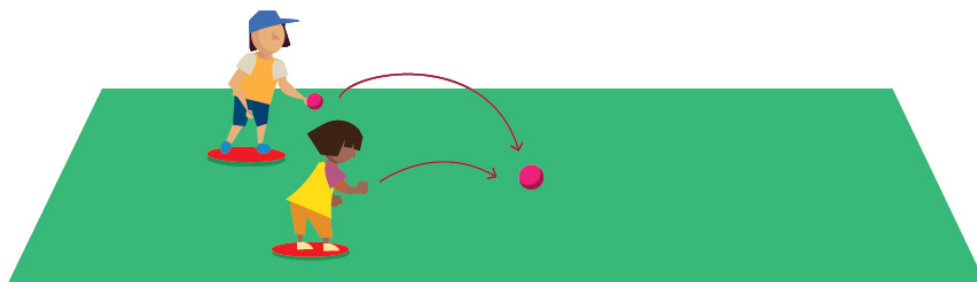
Playing in pairs, players try to hit the target thrown by their partner.

Equipment needed:

- > Coloured dots
- > Balls (various sizes)
- > Tape or chalk to draw a line

Game setup:

For each pair, place 2 dots beside each other approximately 1 metre apart. Give each pair one small ball (e.g. tennis ball), one larger ball (e.g. volleyball) or a ball suitable to their ability. Players can roll the ball or throw it under-arm.



COACH INSTRUCTIONS

STAGE 1

Give Player 1 the small ball and Player 2 the larger ball.

TO PLAYER 1: "Throw/roll your ball and make it land in the space in front of you."

TO PLAYER 2: "Throw/roll your ball and try to make it hit your partner's ball."

Swap after each turn.

Scoring (optional): Players get 1 point for hitting the ball.

STAGE 2

Draw a line approximately 4 metres in front of each pair. Give each player a ball suitable to their ability level.

TO PLAYER 1: "Throw/roll your ball and try to make it land as close to the line as possible."

TO PLAYER 2: "Throw/roll your ball and try to make it land closer to the line than your partner's ball."

Players take it in turns to throw the first ball. The player who's ball lands closest to the line scores 1 point.

ASK: "How can you control how far you throw/roll the ball?"

FOUNDATION:

Skill Development

COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Pairs Mini-Bocce

Rules:

- > Vary scoring e.g. 10 points for landing the ball on the line. 1 point for getting closest.
- > Give player 2 a second ball so they have 2 attempts at hitting the target ball.
- > Change the challenge, e.g. players must land their ball as close to the ball or line without hitting it. Give a penalty for balls that hit the ball or go past the line.

Equipment:

- > Vary the size of ball. Make the target ball larger or the throwing/bowling ball smaller.
- > Use different equipment to make targets, e.g. golf balls, coins, frisbees.

Teaching Style:

- > Use player **role models** to demonstrate effective throwing and bowling skills.
- > 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 game to ensure all participants are engaged.
- > Make it easier by moving the target line closer, make it harder by moving it further away.
- > 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.
- > If you have space, have each group positioned in the middle of the playing space throwing out in different directions.
- > Play must stop before a player can retrieve a ball from another group's playing space.

Throlf

SKILL FOCUS

Throwing | Accuracy

SPORTAUS

Special
Olympics
Australia



GAME SUMMARY:

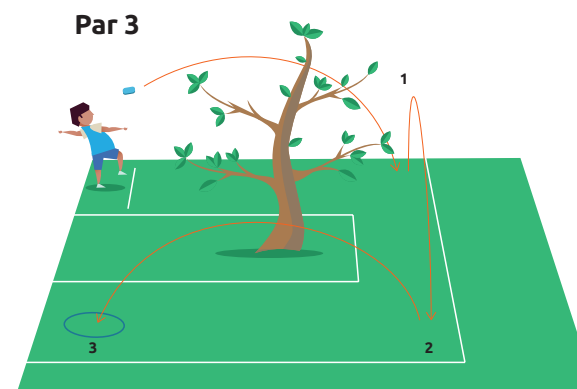
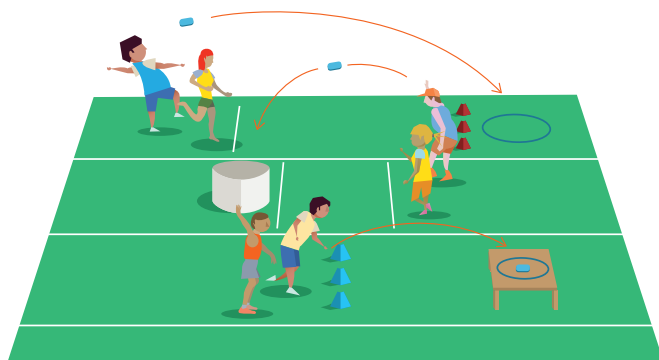
Similar to golf, players move around a course trying to throw a bean bag into a target in the least number of throws.

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.'

Bullseye

SKILL FOCUS

Throwing | Accuracy

SPORTAUS

Special
Olympics
Australia



GAME SUMMARY:

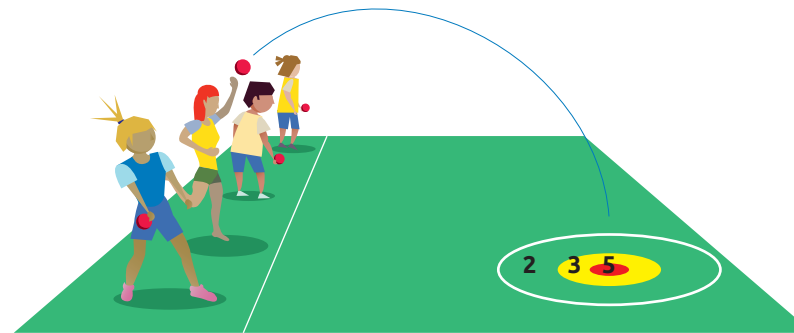
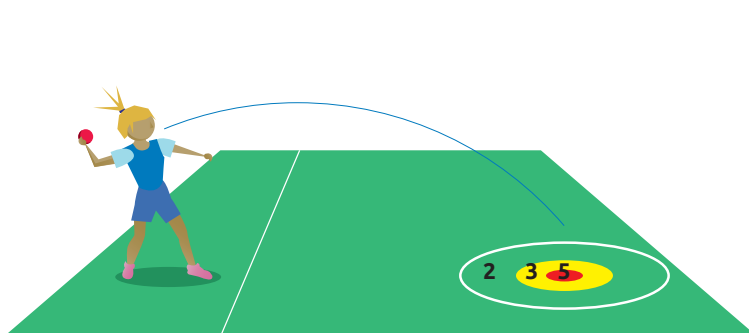
Players throw or roll a ball at a target with the aim of scoring maximum points.

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.

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

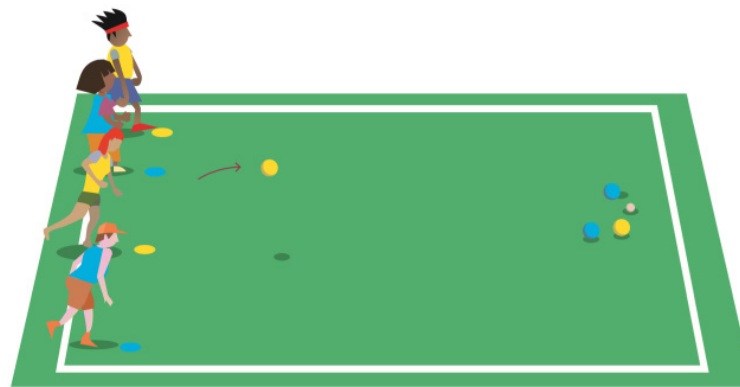
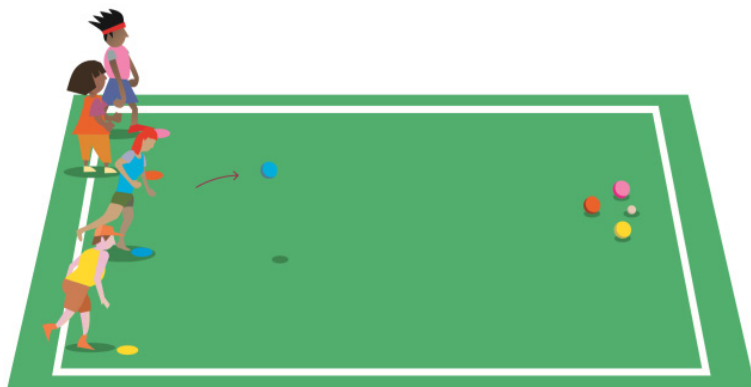
Throwing | Bowling | Accuracy

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.