Bombard

2 or more teams working in parallel throw tennis balls at a large target ball and try to move the target ball over a goal line. (4 or more players.)

What you need

> Playing area about the size of a volleyball court divided into separate areas
> 2 tennis balls per player
> 1 target ball – a slightly deflated beach ball is best for hard surfaces. An inflated ball is suitable for grassed areas.

What to do

SETTING UP

> Target balls are placed 2–3 metres from the start line.
> Teams move in parallel and in the same direction.

PLAYING

> Players may roll, throw or kick the tennis balls at the target.
> If necessary, call ‘STOP!’, allowing players to retrieve balls that are in their playing area – this may include some opposition balls. Restart play once all players have moved back out of the playing area.
> Allow time-outs to discuss tactics.

Scoring

> First target ball to cross the goal line scores a point.

LEARNING INTENTION

Bombard is a target activity that combines accuracy, tactics and fun.
**Coaching**

- Allow players some time to experiment and use role models to share findings with the class as a whole.

**Game rules**

- **Throwing variations** – overarm throwing, underarm one-handed (like a tenpin bowling action), side-on stance, using both hands.
- Play for a set period, e.g. 3 minutes.
- Vary team sizes to make the activity more equal.
- If a player is not able to throw/roll a ball, allow kicking.

**Equipment**

- **Vary the target ball** – test different target balls before session to ensure they will move when hit.
- **Vary the throwing ball** – choice will depend on availability. Try a mixture, e.g. tennis balls and softballs. For a larger target such as a Swiss ball, use larger/heavier throwing balls such as volleyballs or soccer balls.

**Playing area**

- Vary the starting distance (player to target ball).
- Vary the position of the goal line (closer/further).

**Safety**

- Ensure sufficient space between groups.
- No one goes into the throwing area during play.
- At no time should balls be thrown at or in the direction of other players unless soft balls are used.
- Re-read the instruction about retrieving lost balls.

**ASK THE PLAYERS**

- ‘What is the best way to make the target ball move?’ (e.g. keep the target moving with a constant barrage of balls)
- ‘What type of throw works best?’
- ‘Where is the best position to hit the target ball from?’
- ‘Is throwing more effective than rolling?’
- ‘Is a horizontal throw better than an oblique one?’