TARGET GAMES

D1 and D2

Two teams with a skittle-defender and a skittle in a goal circle at each end. The team with the ball passes it to team-mates until one is close enough to a skittle to knock it down with a throw.

What to do

SETTING UP

- Teams of up to 4 players, one team with bibs.
- Establish a playing area with two goal circles, each with a skittle as shown.
- Use a medium sized ball.

PLAYING

- One team (attackers) starts with possession at the centre.
- Attackers move the ball around by passing without running and must attack from outside the circle.

> Attackers – can only hold the ball for up to 5 seconds.
> **Defenders, D1 and D2** – each team has one defender inside a circle, who guards their marker. Defenders are not allowed to touch the markers.
> The other defenders try to intercept the ball.

Ask the players:

> **Attackers** – ‘Where can you move to score a point quickly?’
> **Defenders** – ‘Where can you go to make interceptions?’
> **D1 and D2** – ‘What position do you need to be in to stop a goal?’

Scoring

> One point for each strike

Change it

> Easier – a good warm-up is to start without nominated defenders in the goal circles – that is, all players are dispersed over the court.

> Vary the size of ball, easier for attackers – defenders at least 1m away from player with ball, reduce time allowed to hold ball, vary the pass, roll the ball, vary the target – size and type, vary the size of the playing area, or goal circle.
> **Restrict passing** – e.g. below shoulder height.
> **Roll ball** to score.
> The goal circle provides a good opportunity to involve all players. In some cases two defenders may be placed in a goal circle.
> A less coordinated or mobility restricted attacker might work in close proximity to a goal. If necessary, reduce the number of defenders to make unequal team sizes.

Safety

> Choose a flat, smooth obstacle free surface.
> Use *Change it* to accommodate different player abilities.

Learning intention

D1 and D2 requires accurate throwing to hit a target and invasion games skills of finding or creating space.

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ACCURACY     CATCHING     DEFENDING
TEAMWORK     THROWING

ACPMP043     ACPMP045     ACPMP061
ACPMP063

SPORTING SCHOOLS