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

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

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

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

**LEARNING INTENTION**
Hit the target supports students to develop their shot placement, accuracy and strategy in relation to scoring zones in target games.
COACHING

> Use players as role models to highlight effective sending skills and coaching points.

Game rules

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

Equipment

> Vary size and shape of balls according to player ability.
> Vary the type or size of target.

Playing area

> Vary the arrangement of targets to suit the sending method, e.g. if players are kicking, initially stagger the targets.
> Vary the distance of the targets from the throwing line.
> Set a ‘no-go’ boundary. If the ball goes beyond the boundary, no points are scored. Don’t be too stingy – allow for some roll on!

Safety

> With multiple groups have players throw away from one another. Balls are gathered but not thrown back.
> Alternatively, use a line-up configuration and have all players throw in the same direction.
> Players do not leave the throwing line until all players have finished.

ASK THE PLAYERS

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