Target relay

Gates are set up over a course. Players in relay teams hit, push/roll or dribble a ball around the course passing between each gate.

What you need

- Field markers or cones set out as shown
- One hockey stick or similar per person
- One ball (sponge ball, softball, soccer ball or volleyball) per person
- Stopwatch

What to do

- Start by pushing/rolling the ball around the course from a start gate.
- Allow children to choose their own starting gate
- The game finishes when time is up, e.g. 30 seconds.

Scoring

- Winning team is the team that has passed through the most gates.

LEARNING INTENTION

Target relay combines basic ball sending/passing with the competitive element of a relay.
Target relay

**Coaching**

- Use players as role models to highlight effective skills, e.g. players who hit long and hard compared with players who hit the ball softly.
- Use role models to reinforce dribbling skills with a hockey stick or soccer ball.

**Game rules**

- **Sending variations** – whether players push/roll, hit or kick the ball will depend on ability.
- **Hit opponent’s ball** – when players have passed through the first gate, they may knock their opponents’ ball away.
- **Time limit** – e.g. 60 seconds.
- **Around the gate** – instead of passing through the gate, players send their ball around it in a circle.
- **Buddy system** – using a goalball (makes a noise) or larger ball will assist players with limited vision, or a sighted partner can call direction.

**Equipment**

- **Different balls** – vary size, colour contrast shape and weight.
- **Different hitting implement** – hockey stick, paddle bat or similar.

**Playing area**

- **Gates** – vary the distance from one gate to the next, vary the width of the gate, vary the number of gates, use different configurations of cones.
- **Vary the size of the markers.**

**Safety**

- **Rolling/pushing option** – players should be aware of their opponent so as to avoid collisions.
- ‘**Around the gate**’ option – players should move around in the same direction.
- Hockey sticks must be kept close to the ground.
- No physical contact between players.
- Watch out for other players when moving from gate to gate.

**Ask the Players**

- ‘How did you control the ball to avoid your opponent kicking or hitting it?’
- ‘When did you decide to knock your opponent’s ball away and when was it better to concentrate on your own?’
- ‘What is the quickest way to get around the course?’