Target throw & run

A ‘thrower’ throws a ball at a target and then runs to a base and back before fielders place the ball on the ‘thrower’s’ area. (Play with 5 or more.)

**What to do**

**SETTING UP**
- Marked area (‘launch pad’) for the thrower.
- Fielders spread out but not on the line between the thrower and the target.
- Set up a base about 3 metres away to run around, e.g. cone marker.
- **Target** – choose an ‘achievable’ target. Experiment according to the group.
- Any balls suitable for throwing or rolling.

**PLAYING**
- Ball is thrown at target and the thrower runs around the base. A bonus point is received for a hit.
- The fielders collect and throw the ball to team-mates and attempt to place it on the ‘launch pad’ before the thrower returns.
- If fielders beat the thrower, the thrower becomes a fielder and the fielder the new thrower – ensure all fielders have a turn.

**Change it**
- **Roll the ball**
  - Provide targets at different distances. Each has a ‘strike value’, e.g. 5, 3 and 2 points.
  - Vary the distance to target and base, type of throw, vary the target, (type and size), fielding positions, instead of running try an on-the-spot activity, e.g. tuck jumps.

> If a player has limited use of arms/hands use a ramp to aim ball at the target. Alternatively the ball may be kicked.

**Safety**
- Other player awareness during fielding.
- The thrower should look out for fielders on return to the ‘launch pad’.

**LEARNING INTENTION**
*Target throw & run* refines accurate throwing/rolling and develops fielding skills including communication with other fielders.