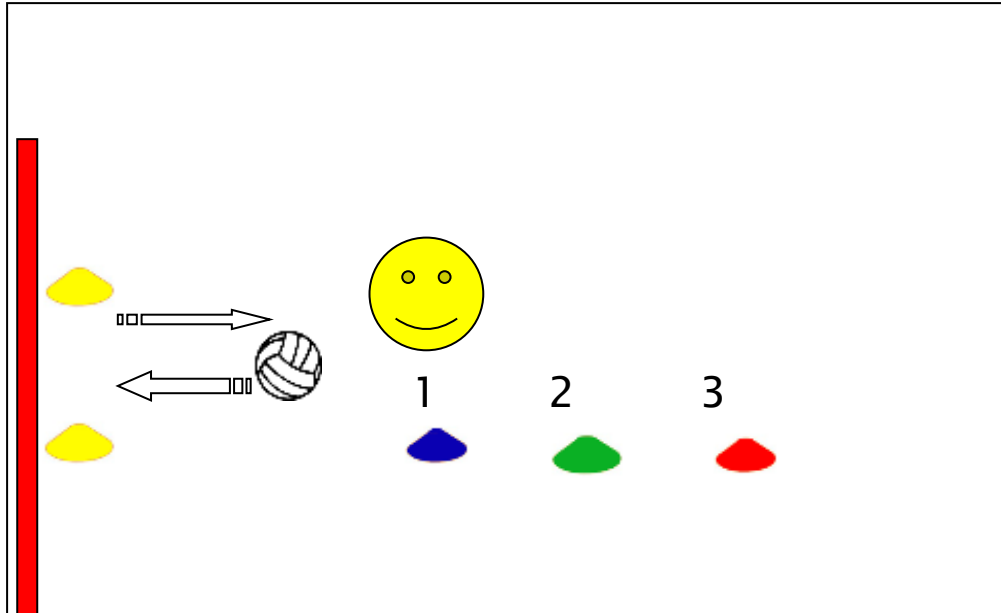


TARGET GAME: Game 1 Roller target ball



FOCUS

In this activity we are focusing on rolling skills to aim at a target.

RULES - HOW TO PLAY

- Roll ball from base to hit wall between domes, and catch rebound
- If successful at base 1 move back to base 2 and then 3.
- Give different scores for successful rolls from each different dome e.g. 1pt for blue, 2pts from green etc.



HARDER

- Move further back from target.
- Make target narrower.
- Use smaller ball.
- Use hand/fist/foot/bat/hurl to aim ball through target.

EASIER

- Move closer to target.
- Make target bigger.
- Stay Seated.

EQUIPMENT:

- Large Soft Balls
- Small soft balls
- Domes

COACHING POINTS

HEAD

- Sending - Look at target.
- Receiving - Watch ball all the way into hands.

HANDS

- Sending - Fingers pointed towards the ground, roll ball towards the target.
- Receiving - Backs of hands on ground and scoop ball up into chest.

FEET

- Start with feet shoulder width apart, more skilful children should stand one foot in front of other and use the more difficult Bowling Roll.