

# TARGET BALL

## EQUIPMENT NEEDED

- One large beach ball or small gym ball (size depending on ability)
- Cones or floor markers to make two goal-lines
- One ball each, small enough to grip with one hand

This game is fun and fast and teamwork is encouraged using good communication skills. As well as reinforcing the basic skills of throwing there has to be an awareness of what is happening all around you.

To make it easier, make the centre area smaller.  
To make it harder use a smaller target ball, increase centre, and/or use the weak hand to throw.



You score when the ball crosses the opponents goal line

Goal line

Take a step forward with opposite leg when throwing the ball

Arm up high, grip the ball and aim

If a ball is on the floor in the centre you can not lean over and pick it up

But if the ball bounces and is in the air you can

Team players are not allowed inside centre during play

Pay attention to incoming balls

