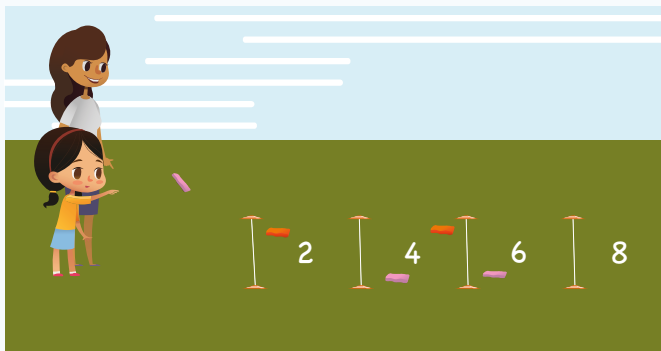




Target Throws



Getting Started

1. Set up some targets using a variety of equipment (cones, spots, bottles, balls, chalk markings, pictures)
2. Take turns to kick or throw the ball to try and hit the targets.
3. Whoever hits the most target wins.

What to look for

- Step with opposite foot
- Open shoulder
- Follow through
- Whole body action

Ways to change the game

Easier

- Decrease the distance from the target
- Increase the size of the target

Harder

- Increase the distance from the target
- Decrease the size of the target

Ideas:

Ideas for targets:

- Bottles
- Cones
- Bottles
- Chalk markings
- Pictures.

Instead of kicking or throwing a ball, you could use:

- Rolled up socks
- Rolled up paper
- Balloons
- Bean bags
- Old pillows.