THROWING ACTIVITIES

BRITISH DODGEBALL

FOCUS AREA: THROWING TECHNIQUE, POWER & ACCURACY

TARGET PRACTICE (Primary school lesson plans)

PLAYERS MUST HIT CONES OF A CERTAIN COLOUR AS QUICKLY AS POSSIBLE. THIS CAN BE PERFORMEND IN GROUPS OR INDIVIDUALLY.



ZOMBIE DODGEBALL (DodgeFive Remixed)

PLAYERS MUST HIT THEIR PARTNER IN DIFFERENT LOCATIONS WHILST THEIR PARTNER IS A ZOMBIE WHO LURCHES TOWARDS THEM. THIS CAN BE PERFORMED IN GROUPS OR INDIVIDUALLY.



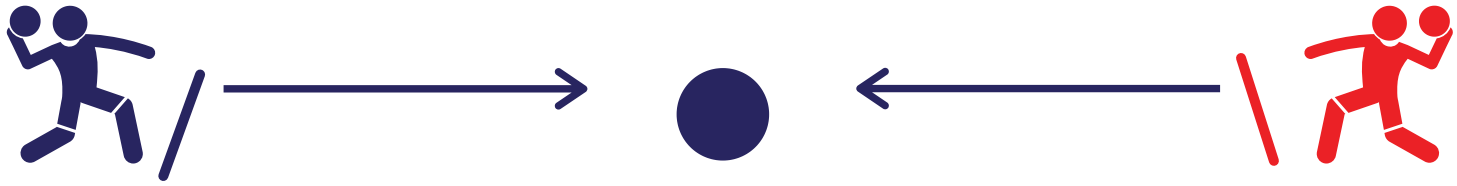
FISH IN A BARREL

PLAYERS MUST HIT THEIR PARTNER WHO IS IN A BARREL (A BOX OF CONES) AS MANY TIMES AS POSSIBLE IN ONE MINUTE. THEY COULD USE A RANGE OF THROWS OVER VARYING DISTANCES.



MEGA BALL

PLAYERS, IN 2 TEAMS, MUST THROW BALLS AT AN EXERCISE BALL OR OTHER LARGE BALL. TEAMS SCORE A POINT IF THE BALL CROSSES THERI OPPONENTS BASE LINE.

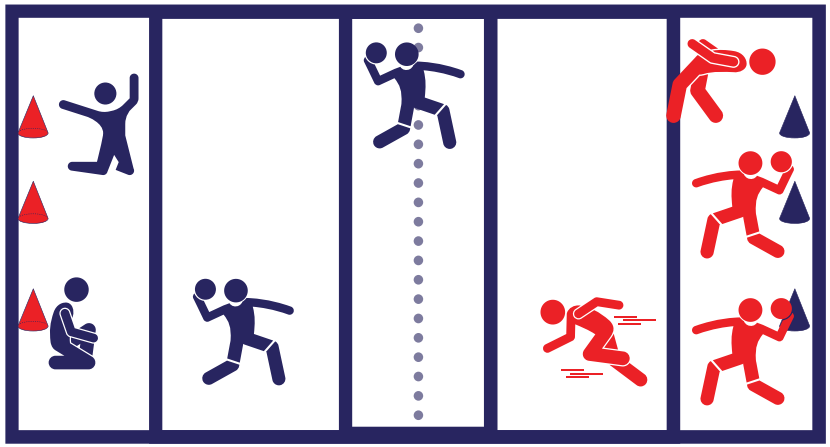


THROWING CONDITIONED GAMES

FOCUS AREA: THROWING TECHNIQUE, POWER & ACCURACY

BULLSEYE

SET UP A DODGEBALL GAME WITH CONES, BALLS OR OTHER TARGETS NEAR THE BACK OF EACH HALF. A TEAM CAN REVIVE ANY ELIMINATED PLAYERS BY HITTING A TARGET. THE TEAM THAT HITS ALL TARGETS FIRST WINS.



RACE TO ELEVEN (Primary school lesson plans)

PLAYERS GET THE FOLLOWING POINTS FOR MAKING HITS WITH THE FOLLOWING TECHNIQUES:
OVERARM: 1 POINT
UNDERARM/JUMP THROW: 2 POINTS
CHEST PASS: 3 POINTS

PLAYERS MUST TRY TO REACH 11 POINTS AS QUICKLY AS POSSIBLE USING A RANGE OF TECHNIQUES

