Target and intercept

One player with a bean bag attempts to throw it past an interceptor to hit or land on a target. (Play in pairs or other combinations.)

What you need

> Indoor or outdoor playing area – marked as shown
> Targets as shown
> One throwing object for each pair – choice will depend on targets chosen. An option requires additional throwing objects

Scoring

> Number of targets scored in the period.

What to do

> Play for a set period, e.g. 90 seconds.
> Discourage delays in throwing.
> Allocate more points for more distant targets.
> Restrict the distance between a player’s and an opponent’s target, e.g. 1m in front.

TARGET GAMES

Lesson Link

Target and intercept combines the attacking and defending skills of an invasion game with accurate target-throwing.
Coaching

- Set up the playing area to facilitate smooth player ‘traffic flow’ from one activity to the next.
- Use this activity as a warm-up or transition to a variety of target or invasion games.

Include all

- Zone the thrower – restricting the thrower to a zone will make it easier for a player with limited mobility.

Game rules

- Play 2 v 1.
- Allow the thrower to move to any position.
- 2 balls – provide a throwing object for each player who will simultaneously attack and defend. The round stops when the first target is hit. Resume with each player having a throwing object.

Playing area

- Vary the distance between targets.
- Vary the target (bigger, smaller).
- Use more targets.

Safety

- Allow sufficient distance between pairs.
- If a player needs to go into other players’ areas, the player should wait for the game to stop.

ASK THE PLAYERS

Throwers

- ‘What will you do to hit the most targets?’

Interceptors

- ‘What will you do to defend your targets?’