



Bullseye

Players in small groups roll or throw a ball to a target aiming to score maximum points.

What you need

- > Indoor or outdoor playing area
- > Chalk, hoops, markers or ropes to form 3 concentric circles on the ground
- > Throw-line 3 metres from target
- > One small ball or similar per player, e.g. sponge ball, softball, tennis ball, bean bags. A non-rolling ball or object is best.

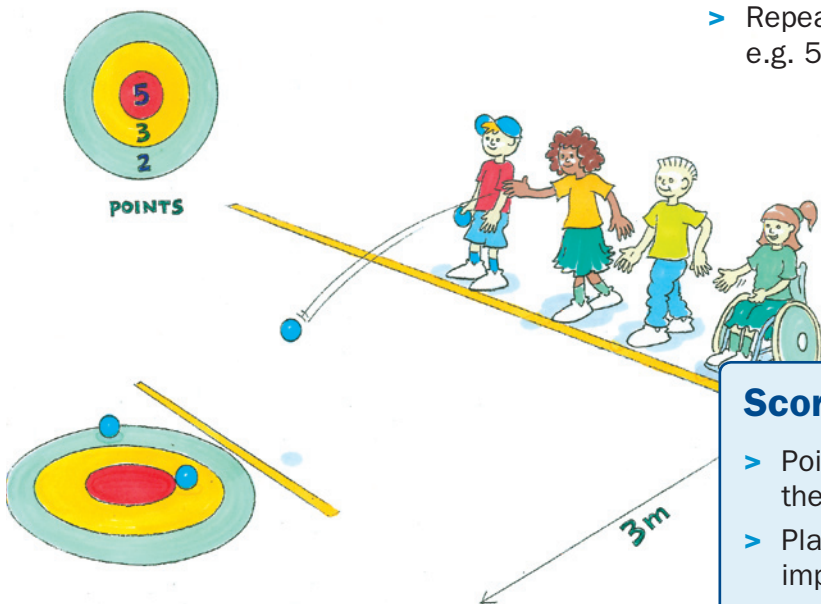
What to do

SETTING UP

- > Form small groups, e.g. 4 per group.

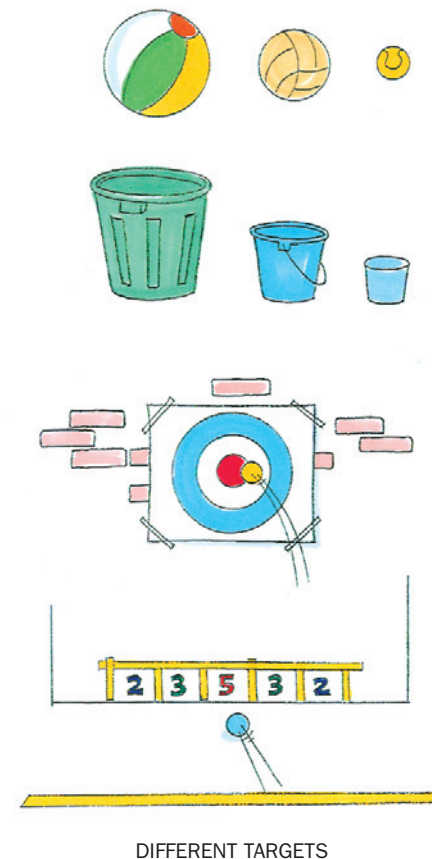
PLAYING

- > Each player rolls or throws the ball to the target area.
- > One throw per player before balls are retrieved.
- > Repeat for a given number of rounds, e.g. 5 throws for each player.



Scoring

- > Points are scored depending on where the ball stops in the target area.
- > Players note whether their score improves from round to round.
- > You may wish to set a target score, such as 20 or more, for the 5 rounds.



DIFFERENT TARGETS

LESSON LINK

Use *Bullseye* as an inclusive activity to encourage players to try different sending techniques, reflect on the result and to change if necessary.

change it...

Coaching

- > Try pairing players and provide some 'what to look for' throwing or rolling tips. The 'observer' provides the 'thrower' with feedback.
- > The leg opposite the throwing/rolling arm is in front. A good way of coaching this is to select a role model and ask the players questions.

**Game rules**

- > Include everyone by allowing kicking. Remember the object of the game is to send a ball to a target. A kicking option opens the game to players who may not be able to throw the ball.
- > Increase or decrease the distance from the throw-line to the target. This adjustment helps to accommodate different player abilities. This option may be offered from the start.

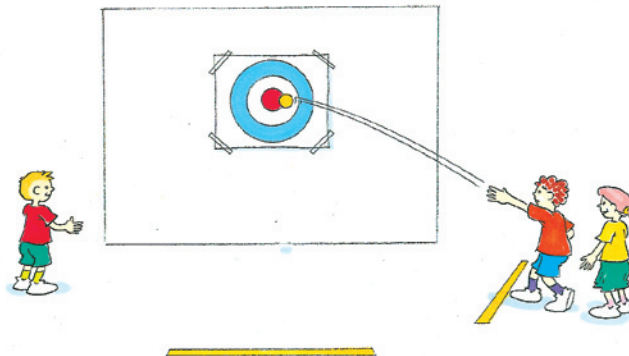
- > If buckets are used as targets, the activity can be made harder by requiring the ball to land in the bucket.
- > Vary the method of sending the ball, e.g. throw, roll, kick, strike.

Equipment

- > Slower ball/faster ball; larger ball/smaller ball. Which is best for rolling/throwing?
- > A non-rolling object, such as a bean bag, may be used with a wall target.

Playing area

- > Making the target size bigger, or the distance to the target smaller, makes the activity easier.
- > If a wall target is used, the activity can be made harder by requiring players to stand *side-on* to the target.

**Safety**

- > Players do not retrieve balls until the round is finished.
- > If a target is placed on a wall, players should be aware of the rebound.
- > Ensure sufficient space between groups.

**ASK THE PLAYERS**

- > 'Which rolling or throwing technique gives the most accuracy?'
- > 'Will your throwing technique change for a wall target?'
- > 'What changes can you make if the ball goes too far/too short?'