



# MOVING TARGET

Ages 5+ | Family | 2+ Players

## AIM OF THE GAME



- ▶ To throw the ball to a moving partner so that they can catch it.

## EQUIPMENT



- ▶ Any size ball and a safe space to play in.

## HOW TO PLAY



- ▶ Both players work in an area where a ball can be thrown safely to each other.
- ▶ The player with the ball throws the ball to their playmate, who cannot stand still and always has to be on the move.
- ▶ Be creative and use as many different types of throws as you can. Avoid repeating the same type of throw.
- ▶ Try and make as many throws and catches whilst on the move as you can in one minute.

## GAME VARIATIONS



1. Have a hoop or a target as a moving goal that can be rolled/thrown into the air as a target.
2. Try throwing with one eye or both eyes closed. This requires good communication.
3. Catch one-handed, or use your less dominant hand.
4. Play against each other using a points system. If Player A successfully throws the ball at Player B and they catch it Player A gets 10 Points, Player B gets 5. If Player B drops it then Player A gets 5 points for a good pass and Player B gets 0.