



TARGET BALL

Ages 6+ | Family Based | 2+ Players

AIM OF THE GAME



- ▶ To hit a target in the middle of the area and continue to hit the object to move it over the opponent's line.

EQUIPMENT



- ▶ A safe playing area and a variety of balls of different sizes and shapes. Alternatively, use empty plastic bottles and balls made from scrunched up tin foil, paper or rolled up socks.

HOW TO PLAY



- ▶ Using a safe playing area from rolling or throwing balls, the two players or teams stand at opposite ends of the area, behind a marked out line (chalked or taped)
- ▶ In the middle of the area is the target. This could be a bigger or heavier ball if using balls or an empty plastic bottle.
- ▶ Each player or team has at least 2 balls and must try to hit the target with the ball in the middle to move it over the opposition's end line. The first player or team to achieve this is the winner.
- ▶ Players can collect and use balls shot from the opposite player or team, but must always return to their own end line before using them.
- ▶ If using a bottle you can award 1 point for the first player or team to knock it over and 2 points if they can move it across opposite end line.

GAME VARIATIONS



1. Shoot the ball by only rolling, throwing overarm, throwing underarm or a mixture of these techniques.
2. Only use one hand to shoot with, challenge players to use their non-dominant hand.
3. Shoot from close to the ground with one or both knees on the floor.
4. Volley or hit the balls with hands or feet after letting it bounce once.
5. If space allows take a run up and shoot without going over the line.