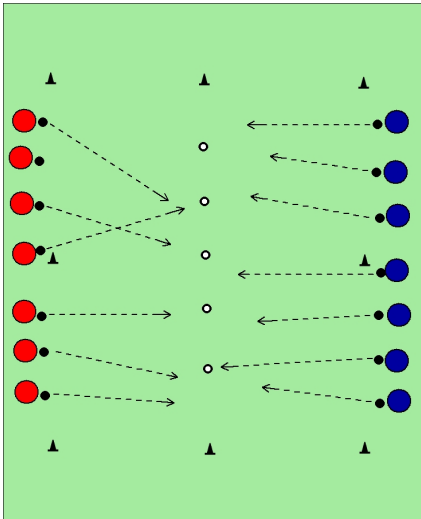




Target ball

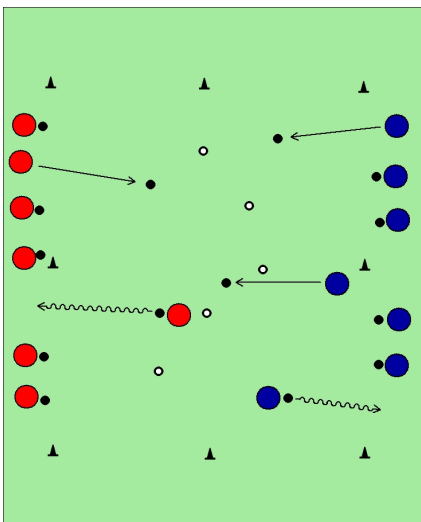


How it works

Two teams stand at each side of a rectangular playing area with each player having a ball.

A number of target balls (must be a different colour to the balls used by the players) are spaced out half way between the two teams.

On a signal from the coach, players try to pass their ball to hit one of the target balls in the centre of the playing area.



Once the game has started many balls will switch from one side to the other as players try to hit the target balls.

Players may go into the playing area to get an unused ball but they must bring it back to the edge of the playing area before passing at a target ball.

If a ball is knocked out of the side or over a team's end of the playing area it is left out until the next game.

Play for 2 minutes maximum and then score as follows:

1 point for a target ball in the other team's half of the playing area
5 points for a target ball that crosses the opposing team's side of the playing area.

Replace the target balls and play again.

Keep a running total to get a winning team after several rounds.