



LEARNING OBJECTIVE

Develop throwing technique, accuracy and power to hit targets and opponents consistently and safely.



SUCCESS CRITERIA

- Use correct throwing technique.
- Aim accurately at a target.
- Transfer weight and follow through.
- Throw with control and power.
- Show respect and safety when throwing.



EQUIPMENT

- 8–12 Foam Dodgeballs
- 20 Cones
- Bibs (2 colours)
- Hoops or target spots
- Stopwatch
- Whistle
- Court markers



SESSION JOURNEY

Time	Activity	Focus
10 mins	Jackpot	Accuracy & Power
15 mins	Alamo	Technique & Aim
15 mins	Zombie Survivor	Power & Accuracy
15 mins	Dodge Goals	Game Application
5 mins	Reflection	Review Learning



WARM UP – JACKPOT

Purpose: Develop throwing accuracy and movement.
Organisation: Three players start at their own ball placed on cones around a centre cone. A ball sits on the centre cone. On the signal, players run around their cone, collect their ball and try to hit the centre ball off the cone. First to hit the centre ball shouts 'Jackpot'. Rotate roles.



SKILL BUILDER – ALAMO

Purpose: Develop overarm throwing technique.
Organisation: Two teams in lanes behind a target (cone or hoop). First player throws at the target, then runs around it and joins the back of the opposite line. Next player repeats. Two volunteers return balls.



SKILL CHALLENGE – ZOMBIE SURVIVOR

Purpose: Develop accurate throws to hit specific targets.
Organisation: 'Zombies' shuffle forward from one end. Throwers at the other end must hit the zombies in 5 different areas (both arms, both legs and torso) before they reach them. Encourage accurate throws from a distance.



CONDITIONED GAME – DODGE GOALS

Objective: Score points by hitting target goals or hitting opponents.
Organisation: Play Dodge Five. Teams can score by hitting opponents out OR hitting targets (hoops/cones) placed at the back of the court. First team to 10 points wins.



REFLECTION

1. What helped you aim more accurately today?
2. How did you use your body to create power?
3. Which activity was the most challenging?
4. How can you improve your throws next lesson?



COACHING CUES

- Side on stance.
- Step and transfer weight.
- Aim at the target.
- Follow through.

SUPPORT

Shorter distance
Larger target
Use underarm

CHALLENGE

Longer distance
Smaller target
Time limit

COACHING CUES

- Step with opposite foot.
- Rotate hips and shoulders.
- High elbow.
- Follow through towards target.

SUPPORT

Shorter distance
Larger target
Return balls sooner

CHALLENGE

Longer distance
Smaller target
One-handed throw

COACHING CUES

- Aim before you throw.
- Use power from legs.
- Follow through.
- Recover and get ready.

SUPPORT

Shorter distance
Fewer zombies
Larger targets

CHALLENGE

Longer distance
More zombies
Move throwers back

CONDITIONS

- Below shoulder throws only.
- Respect all players.
- Targets are live.
- Count hits and goals.

COACH FOCUS

- Accuracy and aim
- Movement into space
- Decision making
- Positive teamwork

COACH'S CORNER



OBSERVE

- Are pupils using the correct technique?
- Are they aiming at the target?
- Are they following through?
- Are they choosing the best target?



COMMON ERRORS

- Elbow too low.
- No step or transfer of weight.
- Throwing across the body.
- Stopping arm after release.



SUPPORT

- Model the technique.
- Use lighter throws.
- Reduce distance.
- Use larger targets.



EXTEND

- Increase distance.
- Use smaller targets.
- Limit the number of throws.
- Encourage different throws (high, low, fast).



ASSESSMENT

Skill	Emerging	Developing	Secure
Throwing technique	☐	☐	☐
Accuracy	☐	☐	☐
Power	☐	☐	☐
Decision making	☐	☐	☐
Team contribution	☐	☐	☐