

# Athletics:

## Throwing – Throw Golf

This game helps young people to develop a range of basic throwing techniques.

### What you need

- Indoor or outdoor area appropriate to the size of the group.
- Floor targets, plastic hoops, buckets or bins.
- Bean bags, boccia balls and balls of different size and density.

Note: balls can be easily made using paper and masking tape; targets can also be improvised using the environment and any available equipment.

### How to play

- Divide young people into pairs or small groups (3-4 maximum).
- A range of targets using any available equipment can be created around the playing space; for example, plastic hoops on the floor with cones as obstacles.
- A marker disc is positioned near each target; these are the tees; athletes throw from these points towards the target.
- A pair/group goes to each target and each athlete tries to throw their bean bag (or equivalent) into the target to score; if they miss, they take their next throw from where the bean bag has landed (as in golf).
- Once everyone has thrown, scores are added and the pairs/groups rotate to the next target and so on around the course.
- The player who completes the course in the lowest number of throws wins (as in golf).

### Think about

- Different ways of throwing the bean bag/ball; for example, when would an over-arm toss be better than an underarm throw?



# Athletics:

## Throwing – Throw Golf

Use the **STEP** model to modify this game:

### Space

- The distance between the tee (throwing line) and the target can be varied according to the ability of the players; note that the throwing distance can be different for different athletes in the same group.
- Increase or decrease the size of the target.
- Some young people can be positioned adjacent to targets and drop their bean bag into the target.

### Task

- The bean bag/ball can be thrown in different ways; for example, overarm, underarm, single arm or with both hands.
- Targets can be set on different height levels, for example, on the floor or on top of a pile of mats; or hung vertically from the ceiling at different heights and angles.

### Equipment

- Targets can be simple or complex; for example, a simple hoop or circle marked on the floor to an improvised golf hole, with bunkers and water hazards (for example, mats and blue-coloured material placed around the target).

### People

- Young people can create their own targets in pairs or small groups and challenge the others to try and score.
- Players can try to beat their score at each target and for the entire course; the best score for each hole can be written on card next to it as a challenge for the next player.

### Safety

- Make sure that no-one enters each throwing area when the game is in progress.
- Ensure that the playing areas is kept free of clutter; be aware of loose balls.

### How to improve

- Encourage athletes to think about throwing from a stable base; some young people need to stand or be positioned in specific ways.

### Integrity

Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

### Links

For more information about primary and secondary school athletics activities see

<https://www.englandathletics.org/>

### Extension game – Shapes Target

Create differently shaped targets that challenge the thrower in different ways. For example:

- Mark a circle, square and triangle shape on the floor/ground; athletes must throw their implement (for example, a bean bag or foam javelin) into a specific shape as directed by the session leader.
- Create long and narrow or short and wide target shapes; athletes need to consider how they throw the implement to get it into the target.