

Classic Targets

Activity sheet 005

Objectives: Work on simple placement.

Number of players: Individual exercise

Equipment:

- Six (6) various targets : square or round, of large size
- Six (6) balls of the same colour

Set up:

- Place targets randomly on the field.



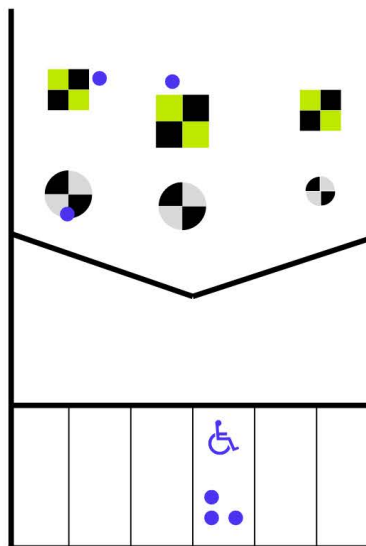
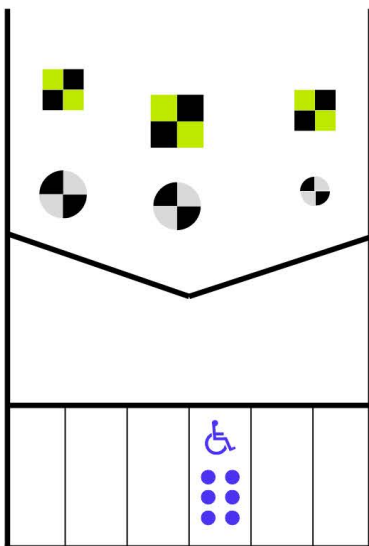
Procedure:

- The player stands in one of the two singles boxes and uses the corresponding balls.
- The player must make a placement on each target. They have as much time as they need to make their placements.
- A successful placement **earns 1 point**.
- It is important to focus on posture at the moment of **aiming and throwing**, not on the immediate result of the placement.

EXAMPLE (NEXT PAGE)!

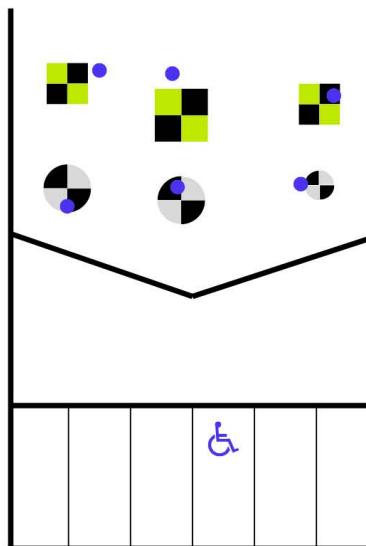
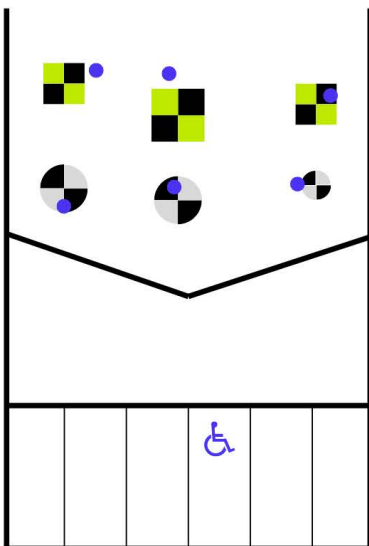
EXAMPLE

1. Place targets randomly on the field.
2. Make one placement per target.



3. Continue until there are no more balls.

4. Calculate the points.



Score

4 blue balls on the target = 4 points