

ACTIVITY / SCORCHER BALL

FOCUS:

THROWING

DURATION: 12 MINUTES MAX.

EQUIPMENT:

1 RUBBER BALL PER PARTICIPANT,
2 ROPES, 1 SCORCHER BALL, CONES



DESCRIPTION:

- ▶ Participants are split into two teams

- ▶ On 'go' the players from both teams throw (overarm or underarm) the balls at the scorcher ball in the middle.

- ▶ One team is trying to hit the scorcher ball and get it to roll across the opposing team's rope to win. The other team is doing the same thing by trying to get the scorcher ball past the opposing team's rope.

- ▶ Participants can only retrieve balls in their designated area.

- ▶ Under no circumstance can participants throw the ball or retrieve a ball from the safety zone

MAKE IT EASIER:

- ▶ Decrease size of playing area

- ▶ Use a larger target e.g. Basketball or exercise ball

MAKE IT HARDER:

- ▶ Increase size of playing area

- ▶ Throw with opposite hand

