**Bombardment**

**Applications:** Cricket, softball, baseball

**Problem-solving:** Throwing accurately at a moving target
Roll an exercise ball gently into the playing area from the side lines. Players, in teams of at least 4, throw tennis balls at the rolling ball to attempt to force it back towards the other teams' end-line. The game ends when the ball crosses one team’s end line.

**Variations**
- Size, shape and weight of balls.
- Dimensions of play area.

**Safety**
- Do not allow players to collect balls inside the field of play while the game is in progress.

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**Example Key Questions**
- What do you look at when you throw the ball?
- What does your non-throwing arm do as you throw the ball?
- Where do you aim to hit the rolling ball?
- What difference does it make throwing side-on and face-on to the rolling ball?
- How do you position your body to stop the ball coming at you?

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**Bombardment 2**

Place an exercise ball inside a centre square within the playing area. Players, individually or in teams of 4, stand on one side of the playing area and throw tennis balls at the exercise ball to move it outside of the square. The team that forces the ball to cross the line opposite them first is the winner.

When played in teams, cooperation and tactics can be emphasised by having 2 less balls than players per team. Players will then be required to strategise who retrieves balls and who throws.

**Variation**
- Use a kick instead of a throw, as practice for ball sports such as soccer.

**Safety**
- Do not allow players to collect balls inside the field of play while the game is in progress.

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**Example Key Questions**
- What type of throw is required to move the ball?
- Where is the best place to target on the ball to make it move?
- From where on your side of the square is it best to throw the ball?
- How do you maximise the number of throws you get at the target?