Throlf

As in golf, a course with ‘holes’ is established. Players move around the course attempting to reach the target in the least number of throws.

**What you need**
- A range of 5–6 targets, set up at different heights over a course (indoor or outdoor)
- Small bean bags or hacky sacks, one per player, or any other suitable object that ‘stops where it drops’ (scrunched-up paper and tape makes a useful ‘ball’)
- Objects to create obstacles and barriers, such as towels, gym mats or benches
- A numbered flag or card for each ‘hole’

**What to do**

**SETTING UP**
- Establish the course and spread the players out on it.

**PLAYING**
- Players throw from a start line (‘tee’) next to each target.
- The next shot is taken from where their bean bag (or similar) lands.

**Scoring**
- Score = total number of throws to reach all targets
- The lower the score the better

**Variation**
- Work in 2s or 3s and count the lowest score for each target.
- Allocate different scores to the targets.

**Change it**
1. Roll instead of throw
2. With a small group, players are blind-folded. Use sound or verbal cues and bigger targets.

**Lesson Link**
*Throlf* puts measured throwing and rolling skills into a fun context. A useful lead-in to games like bocce, bowls, tenpin and golf.
change it...

**Coaching**
- Ask the players how they can ensure everyone is included.
- Highlight to the whole group good examples of throwing or rolling.

**Game rules**
- The player furthest from the target after the opening throw plays first – this mirrors golf and bocce.
- Set a maximum number of throws per target and/or the whole course (like ‘par’ in golf). Involve the players in this decision after the first round.

**Easier**
- Shorter distances
- Bigger targets
- No obstacles or barriers

**Harder**
- Longer distances
- Smaller targets
- More obstacles or barriers

**Equipment**
- Vary the throwing object.
- Use skittles or empty plastic milk bottles instead of targets.
- Vary the targets.

**Playing area**
- Adjust the course so that players rolling the ball can participate equally.
- Create the equivalent of water hazards and bunkers, e.g. a blue blanket for a water hazard or an old gym mat for a sand bunker.
- Vary the distance from the throwing line (‘tee’) to the target.

**Safety**
- Don’t start play if players are still around the target.

**ASK THE PLAYERS**
- ‘How can you approach the target from an obstacle like a bunker?’ (e.g. take the shot sitting down).
- ‘What different throwing/ball sending techniques have you used?’