

Fun Throwing Drills

Shoot and Score!

Age Appropriate

Grouping 3, ages 4 to 12

Objective

To improve throwing accuracy

Setup

Two goals, a bucket of balls, target (optional)

Execution

After players warm up their arms, set up two goals across from each other at a distance at which they can throw the ball into the goals in the air and on a line. One player stands to the side of each goal. Players take turns trying to throw the ball into the other's goal. Award 1 point for each ball that rolls into the goal and 2 points for a ball that enters the goal in the air. Another variation is to hang, tape, or paint a target onto the goal. Then 1 point is awarded for scoring a goal and 2 points for hitting the target. Targets also can be hung on fences, soccer goals, or walls. Hold a team competition to see who throws most accurately.



Coaching Keys

Players who miss the target usually aren't stepping toward the target or aren't pointing the front shoulder toward the target.