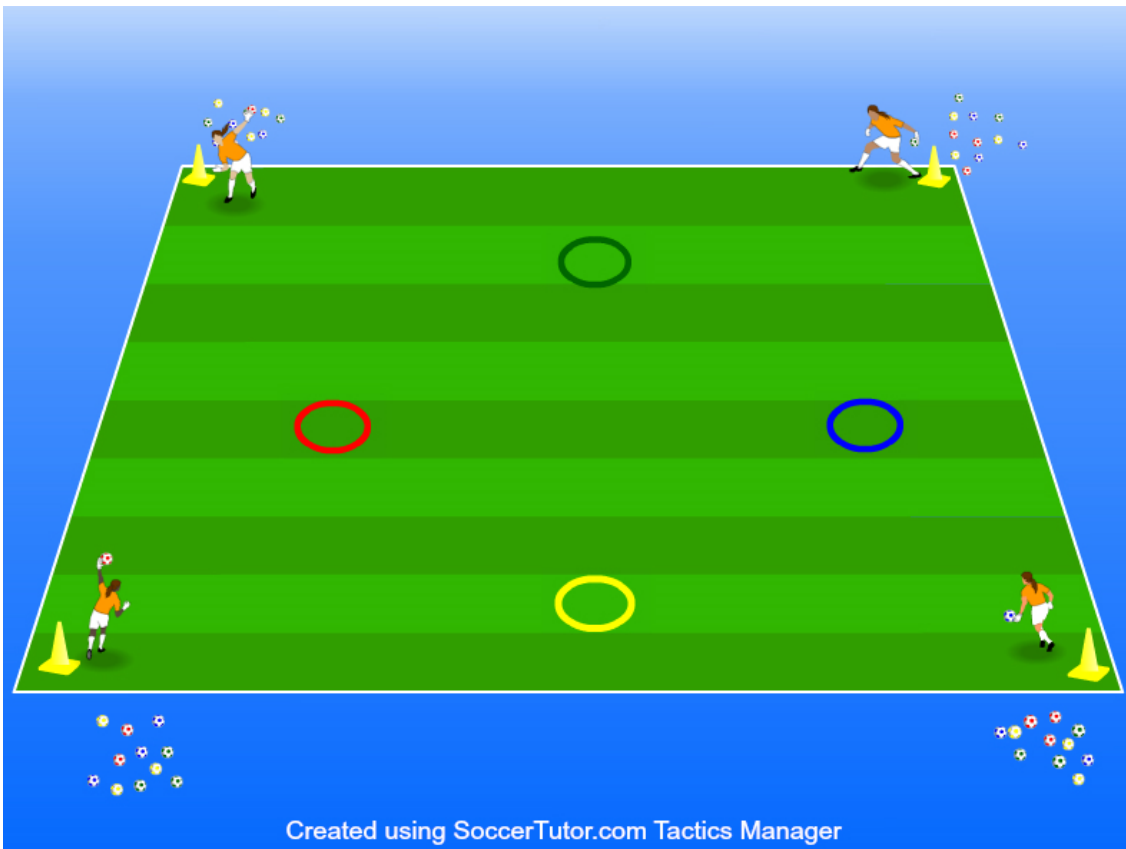




## 86) Tactical Team Throwing



**Date:** 12/Jul/2019

**Measurement:** 10 x 10

**Time:** N/A:N/A

**Players:** 3

**Duration:** N/A

**Level:**

### Objective:

### Description:

The aim is for the four players to work together to get all the beanbags in the correlating coloured hoops in a short a period of time. They start on their cone with 12 bean bags each. 3 each of red, yellow, green and blue. From their cone they try to throw each colour into the correct coloured hoop. Once all their beanbags have been thrown, they run to collect any bean bags that are not yet in the hoop. They return to their cone and try again. This continues until all beanbags are in the correct hoop. The time is recorded by a stopwatch.

**Coaching Points:** Players can throw to each other from anywhere but can only throw at a hoop from next to their cone.

### Progression: