

# The Alamo

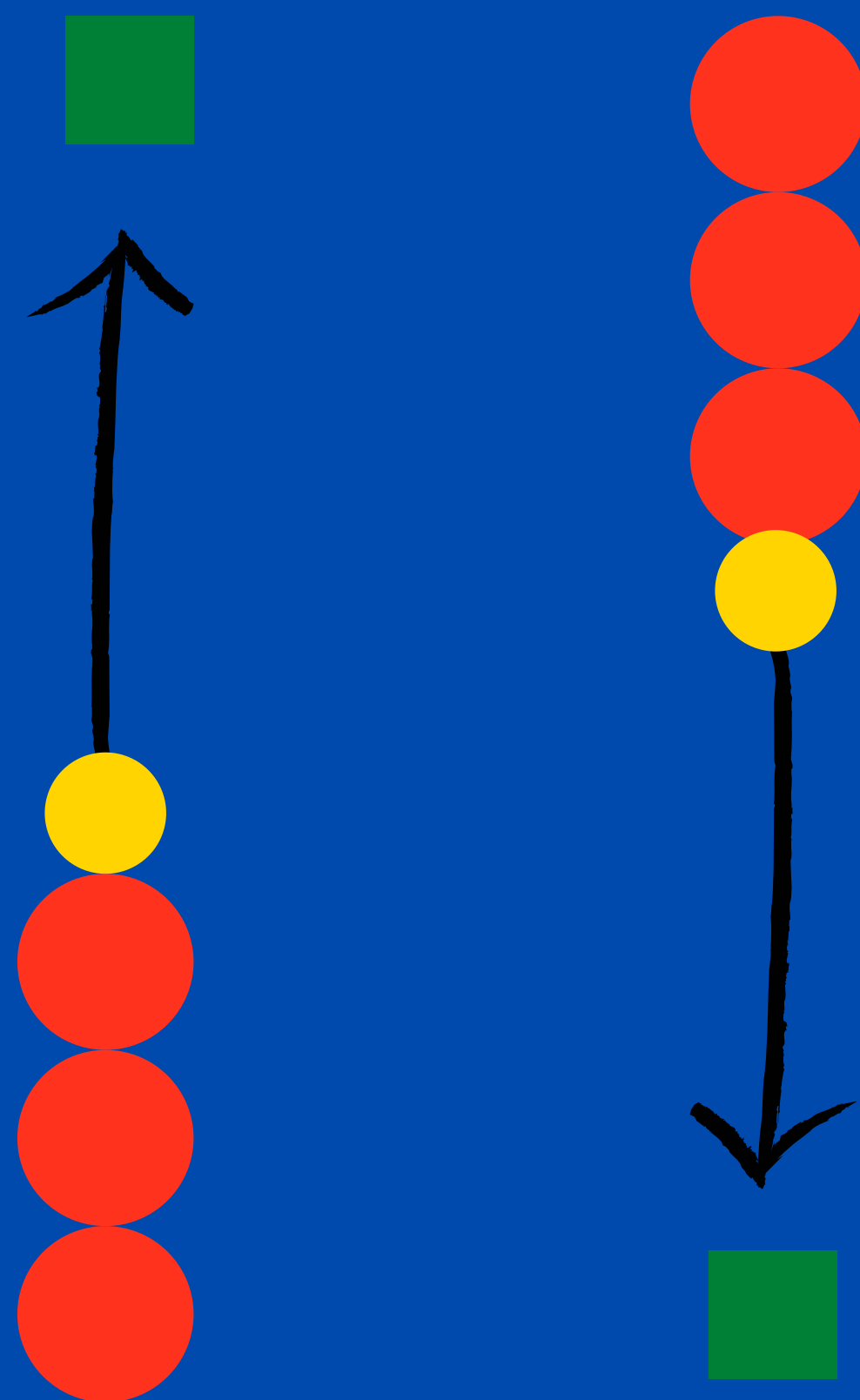
**The Game:** Group is split into 2 groups. Each group is then split into 2 single file lines with the first player holding a ball. The ball is then thrown at the target, once the ball is thrown the player then runs around the target and joins the end of the opposite line. It may be useful to have 2 volunteers to get the ball back to the start of the line.

## Equipment:

- Dodgeballs
- Cones

## Differentiation:

- Group by ability
- Increase/decrease throwing distance
- Increase/decrease number of players



## Teaching Points:

Ensure players focus on the key aspects of a good throw, balance, aim, follow through and body position are all very important

- sideways stance
- throwing arm at the back
- follow arm through in the direction of the target.