# Target Roll

Objective: To record how many points you can achieve by rolling the ball onto the target areas.

Equipment:
- Playing area: flat, smooth surface of 6 meters *(i.e. hall, driveway)*
- Tennis Ball x1
- 'Target area' *(A4 page x6)*
- Foul line *(i.e. chalk, rope, tape)*
- Measuring tape

Process: Place the foul line in the playing area, measure out and place the first A4 page at the 6 meter mark. Directly behind this 'marker' place two additional pages, side-by-side. Behind this, place three additional pages, side-by-side. Each 'target area' is worth a different number of points.
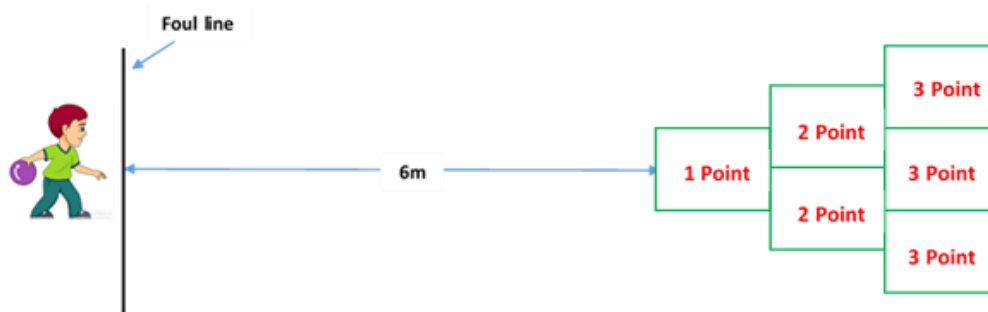
Athletes should position themselves behind the foul line. The athlete should roll the ball using an underarm technique onto a 'target area' of their choice. The athlete repeats this process a total of ten times.

Athletes receive points for each attempt dependent on which 'target area' the ball successful lands on. No points are awarded for attempts, where the ball does not stop on a landing area.

Rules:

- The athlete must remain behind the foul line whilst throwing
- The athlete has ten attempts.

Score: The total number of points for all ten attempts are combined to calculate the athlete's final score, to be submitted *(e.g. 11)*

Attempt										Final Score
1	2	3	4	5	6	7	8	9	10	
1	1	2	0	2	3	1	0	0	1	11