



PHYSICAL

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Sock Target Throw

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Overview: This is a versatile game that's safe to play indoors and can be easily adapted to be fresh and fun.

Time: 10 minutes.

Equipment required: An open space, rolled up socks and a target, such as: t-shirts/buckets/hats/cushions etc.

Benefits:

- Can teach both underarm and overarm throwing.
- Improves hand-eye coordination.
- Difficulty can be modified for any ability of player.

Preparing:

1. Make sure you are doing in an open space that is safe, with no furniture, valuables or damageable objects near.
2. Position the targets at different distances from a throwing marker/start point. We suggest having five different targets.
3. Each player has a selection of pairs of socks, rolled up into balls.
4. It works best when the socks match the colour of the target, but this is optional.
5. Use underarm for close targets and overarm for longer distance targets.

Playing:

1. Standing on a mat, try throwing each coloured pair of socks onto the matching coloured target.
2. Two points are scored if the socks land directly on the same coloured target.
3. One point is scored if the socks touch the floor before ending up on the target or if the socks land only partly on the target.
4. No points are scored if the socks land on a different coloured target or lands outside the target.
5. Once scores are counted, move around the targets!