

“Moving On Up Game”



Situation

Team/Club needs shooting practice, and it needs to be a bit competitive and fun.

Mission

Lots of shooting practice, and a bit of bonding/banter.

Execution

Set-up:

Teams of 4-6, each with a post laid out in a line lengthways across the hall. Plenty of space around the posts. Give the posts an number, so that post 1 is on one side and the rest follow.

1. Pick a particular shot, and designate an amount each team must score in a row. Lower numbers for weaker players. 3-5 works well. Send teams to posts to begin – let them pick which post.

2. Teams must score as many points as possible. To get a point a team must score the amount designated in a row whilst they are on Post 1.

4. If a team scores a point, blow your whistle to announce it, and then move that team right to the bottom of the Post chain. Everyone else moves up a post and begins again.

3. Teams on other posts must score the designated number in a row before they are allowed to move up a post, towards or onto Post 1. If they do so, they knock the team they replace down 1 and begin again.

5. After a set amount of time, or just whenever you feel like, change the shot so you can practice lots of different techniques.

6. This drill can again be used well within a team-competition session. Just add the points to your overall totals.

Shots Used/Tips:

To be honest, you can use whatever shots you want. It's fairly obvious...

Use different coloured cones to keep score of points for each team.

Encourage people to watch each other and give feedback on shots taken. Or try to watch yourself and take people aside to give them feedback.

Don't be afraid to change the number of shots required to move on up. It can get quite boring if the target is too high.