JAR (Java Archive) file in Eclipse is a common way to distribute your Java application.

Here's a step-by-step process to create a JAR file for your Brick Breaker game in Eclipse:

1. Open Eclipse:

Launch Eclipse IDE and ensure that your Brick Breaker game project is open.

2. Clean the Project (Optional):

It's a good practice to clean your project to remove any previously generated files. Right-click on your project in the Package Explorer and select Clean... . Choose your project and click OK.

3. Export the Project as a JAR File:

Right-click on your project in the Package Explorer and select Export... . In the Export dialog, expand the Java folder and select Runnable JAR file. Click Next.

4. Choose the Launch Configuration:

Select the launch configuration for your application. If you have a main class specified, it should appear in the list. If not, you can browse and find the main class using the Search button. Select the appropriate launch configuration and click Next.

5. Configure the Export Destination:

Choose where you want to save the JAR file. You can either select an existing directory or create a new one. Choose a name for the JAR file (e.g., "BrickBreakerGame.jar"). You can choose to package required libraries into the JAR or keep them separate. Click Finish.

6. Review the JAR File:

Eclipse will show you a warning about exporting with a different JRE version. Review the settings and click OK.

7. Check the Generated JAR File:

Navigate to the directory where you saved the JAR file and ensure it was created successfully.

Now you have a JAR file that contains your Brick Breaker game. You can distribute this JAR file to others, and they can run the game by executing the JAR file using `java -jar BrickBreakerGame.jar` from the command line.