SPORTS ABILITY
Goalball

Speed Throw

A challenge game to develop different techniques for performing speed rolls.

Learning Intention
To practice and refine technique to get power and speed when rolling the ball.

Skill Focus
Rolling, shot placement

What you need
- Goalball (ball with internal balls) or alternative (see Equipment)
- Eyeshades
- Markers or cones

WITH OR WITHOUT EYESHADES

LINE USED AS AN ALTERNATIVE TO A WALL

FIELDER

GO!

What to do
- Divide into teams of 2 or more players.
- Teams line up behind their marker facing a wall or line on the ground (at least 10m distance).
- Players at the front of each team throw their ball along the ground towards the wall/line.
- The player whose ball hits the wall/crosses the line first scores a point.
- After an agreed number of throws (e.g. everyone throws twice) the team with the most points wins.
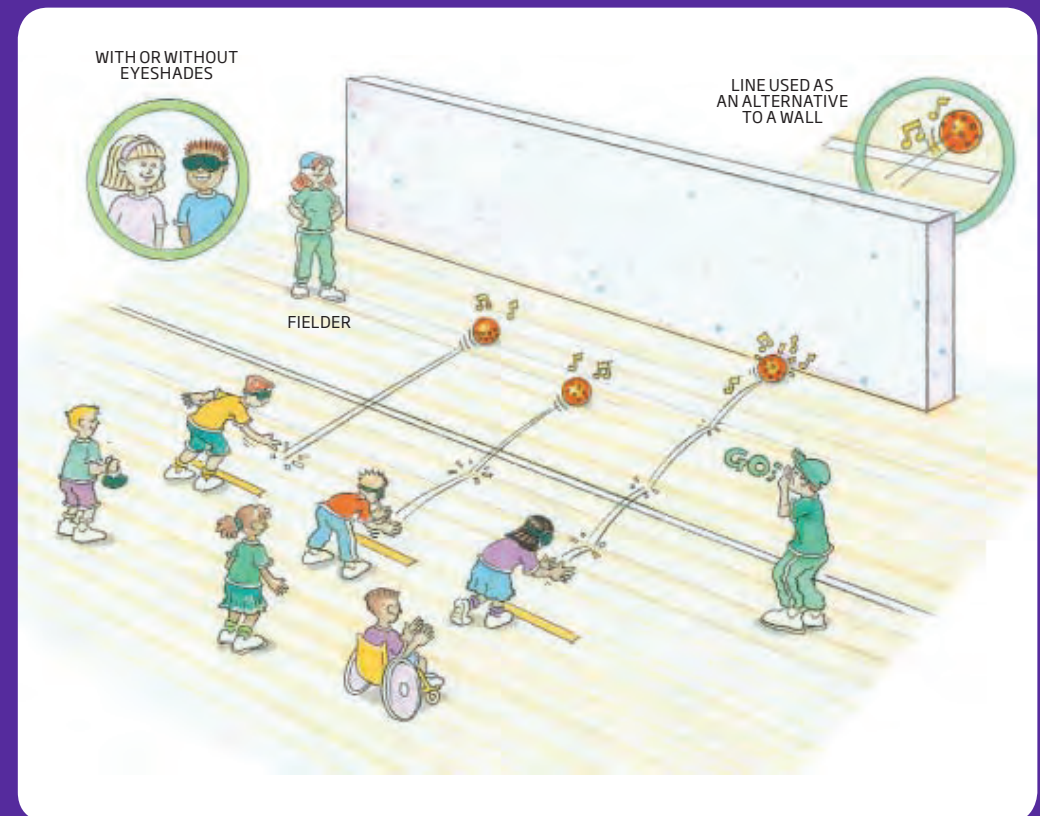
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TREE

Teaching Style · Rules · Equipment · Environment
Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style
- Encourage players to think about different ways they can throw the ball:
  - underarm, one handed (tenpin bowling action)
  - underarm, front-on stance, both hands holding the ball, legs apart
  - bowling action, side-on stance, using both hands, throwing ball from left or right side across the body.

Rules
- Encourage rolling of the ball by marking another line, or place markers 3m from the throwing line.
- Speed Throw can be introduced by playing without eyeshades until the concept of the game is understood.

Equipment
- Alternatives to a goalball could be a bell ball, basketball wrapped in a plastic bag or rice in an inflatable ball.
- Use orientation lines to mark the throwing line, e.g. string covered with tape that players can feel with their fingers and feet.

Environment
- Vary the distance between the players and wall/line.
- Place a 'judge' near the wall/line to decide on whose ball has won.

Safety
- No-one to enter the throwing area during play.
- Ensure all players are facing the wall or line before they have their shot.

Ask the players
- How can players orientate themselves to the target (wall/line)?
- What technique helps you to get the greatest speed on your roll?