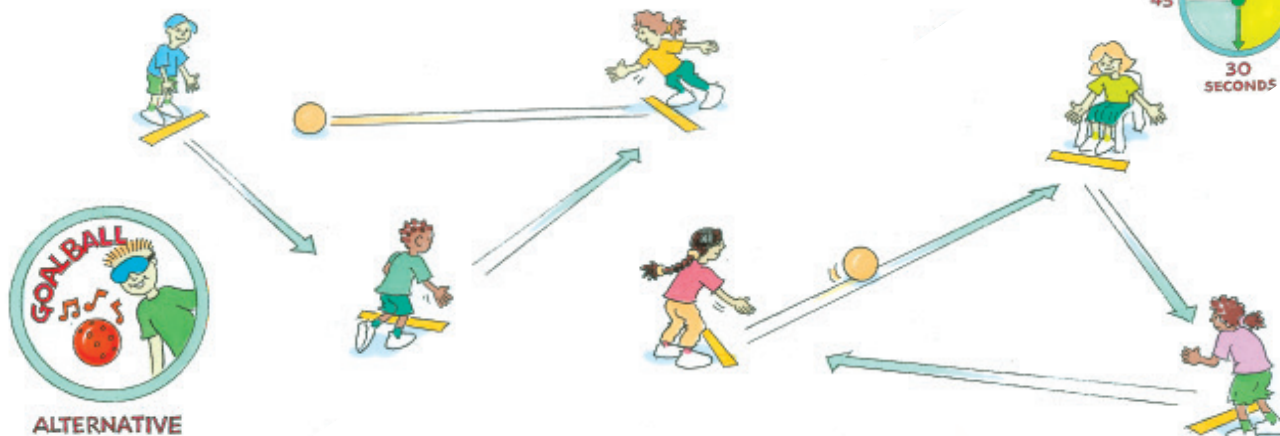




Triangle roll

Players in 3s stand on the points of a triangle and roll a ball to one another. (Play with 3 or more.)

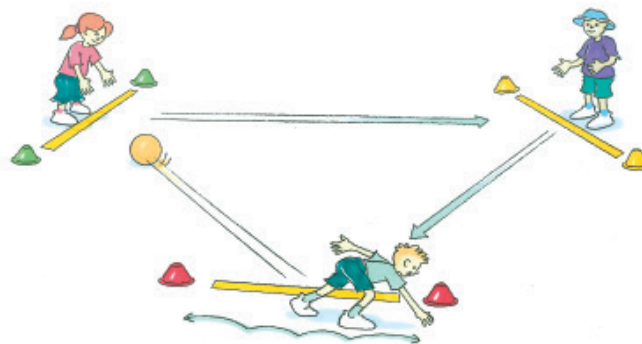


ALTERNATIVE



Change it

- > **Roll and perform an activity** – how many side-to-side run/lunge combinations can you perform? Cones are used to mark the agility-run area – start with a small area.
- > **Through the gate** – 2 cones are used to make a 'gate'. The gate may be placed closer to one player depending on ability.



What to do

SETTING UP

- > Players spaced 3–5 metres apart.
- > Any ball and surface suitable for rolling.

PLAYING

- > The ball is rolled along the sides of the triangle.
- > Experiment with ways of trapping the ball – foot, hands.

Scoring

- > Not scoring is an option, alternatively how many times 'around the world' in 30 seconds?

- > **Vary the** – size of triangle, speed of ball, size of ball, scoring method, type of activity performed after release, size and placing of the of gate.
- > Use eye shades and a 'goal ball', which makes a noise when it rolls, add an interesting dimension to the activity and will include children with limited vision. Encourage communication between team-mates.
- > A player with limited balance can use a chair. A player with poor hand function can use a rolling ramp.

Safety

- > Do not throw balls.

LEARNING INTENTION

This is a beginning rolling and trapping activity that leads to fielding skills. By adding an activity to be performed after release the intensity of the activity can be increased.

SKILL FOCUS

CATCHING
ROLLING
LOCOMOTOR MOVEMENT
THROWING

CONTENT DESCRIPTIONS

ACPMPO08

ACPMPO25

ACPMPO43