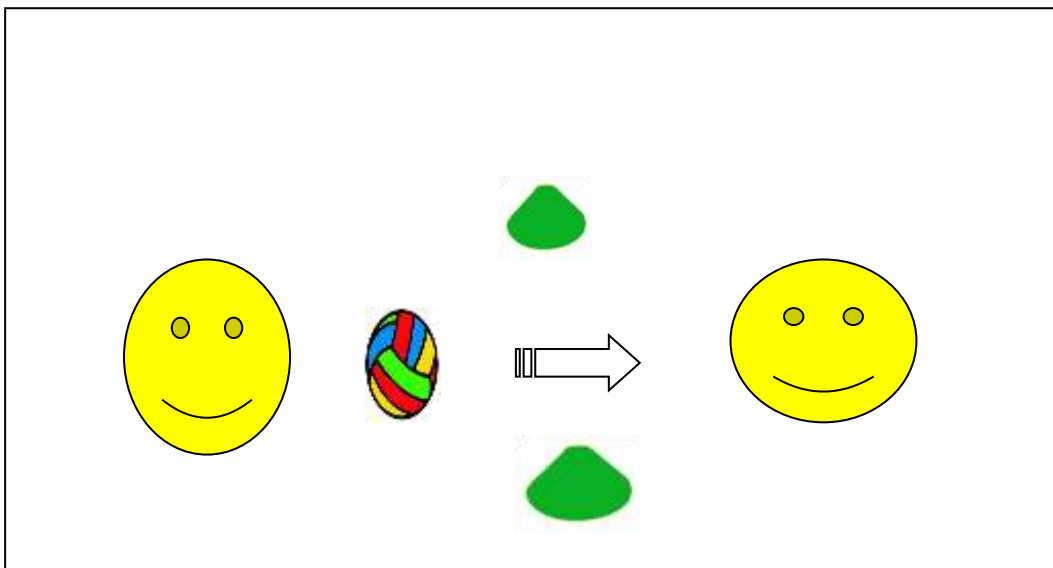


## TARGET GAME: Game 2 Partner Roll



### FOCUS

- In this activity we are developing the ability of rolling through a target with a partner. (Co-operative)

### RULES (HOW TO PLAY)

- Start off in a sitting position
- Roll ball to partner through gates
- Partner must return pass through gate
- How many successful passes can you make in 20 secs?



## **HARDER**

- Kneel or Stand
- Make distance from partner greater
- Make gate narrower/use smaller ball
- Run and roll through different gates to your partner
- Use hand/fist/foot/bat/hurl to aim ball through target

## **EASIER**

- Sit closer to partner
- Make gate wider

## **COACHING POINTS**

### **HEAD**

- Eyes on Ball follow ball all the way into hands.

### **HANDS**

- Hands should be at back of ball with fingers pointing down when rolling
- Scoop ball up to receive by placing backs of hands on the ground and let the ball roll up your hands into your arms

### **FEET**

- Stand with legs shoulder width apart for Scoop Roll and one foot in front of the other for the Bowling Roll

## **EQUIPMENT**

- Large Soft Balls
- Small soft balls
- Domes