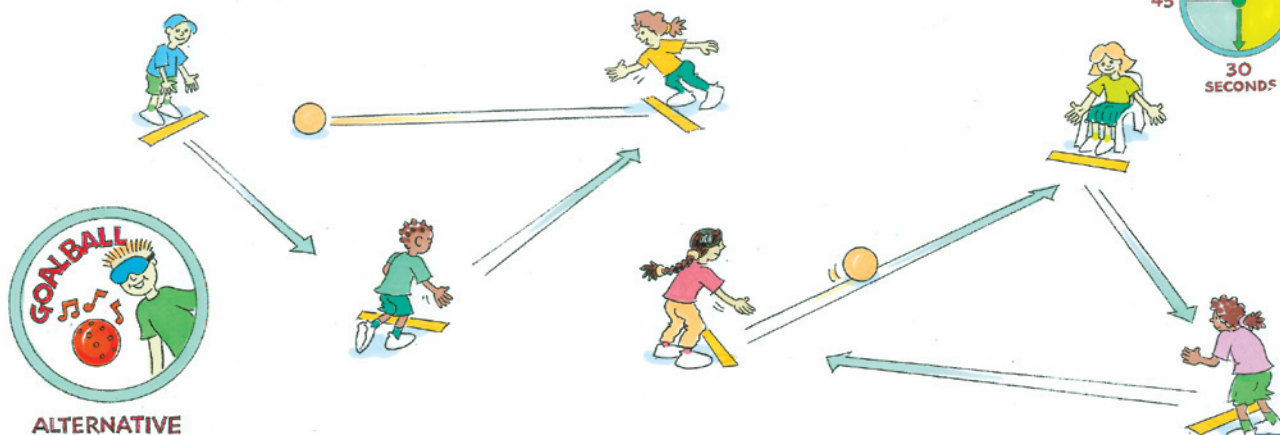




Triangle roll

A

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



ALTERNATIVE



What to do

SETTING UP

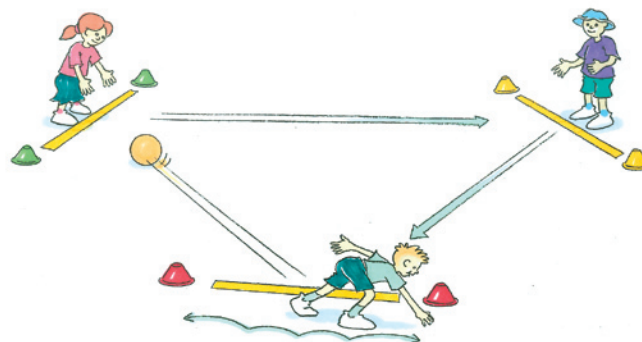
- > Players spaced 3–5 metres apart.
- > Any ball and surface suitable for rolling.

PLAYING

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

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.



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.

LESSON LINK

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.

SESSION PLANS

Combos > Start out WC 09a + Start out CP 06a + Get into it TG 01