Australian Government
Australian Sports Commission

EASY   MED   HARD

INDOOR FRIENDLY

Roll a course

4 activities are set out. In pairs, players move cooperatively through the course completing each activity: roll to a target for points (*Bullseye*); push a larger ball with a smaller ball into a marked area (*Herd the sheep*); roll a ball through a gate (*Through the gate*); and hit some skittles (*Skittles down*).
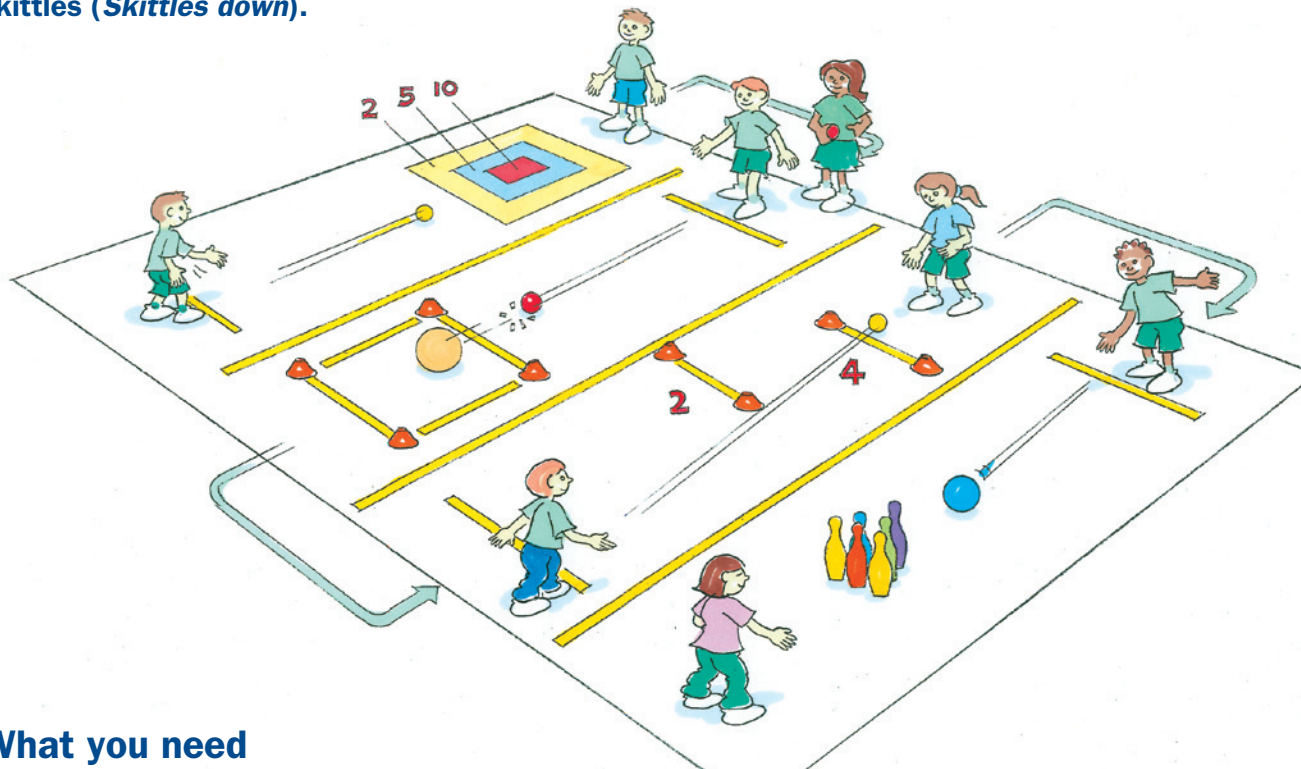
What you need

> Any suitable indoor or outdoor playing area suitable for rolling balls. Choose slower rolling balls if an indoor surface is used.
> Choose dimensions to suit your situation – start with shorter distances and increase to challenge players.
> Allow sufficient space between activities.

> **Station B** – choose a volleyball or similar (sheep) to herd into the marked area (pen). Don't make the pen too small.
> **Rolling balls** – use tennis balls and softballs or similar.
> Cones as markers.

What to do

A Bullseye

> One roller and one fielder, swap roles.
> Roll to the target area to score 10 or 5 or 2 points.

B Herd the sheep

> One roller and one fielder, swap roles.
> The larger ball is the 'sheep' and is placed just outside a 'pen' (4 markers).
> A softball or similar is aimed at the 'sheep' with the view to 'herding' it into the pen.

C Through the gate

> One roller and one fielder, swap roles.
> Roll through 1 of 2 gates to score points.

D Skittles down

> One roller and one fielder, swap roles.
> A tennis ball, softball or similar is rolled at skittles.
> Count the number knocked over, one point for each skittle down.

Before moving to the next station all equipment must be placed in position ready for the next pair.

SESSION PLANS

LESSON LINK

Roll a course consolidates a range of target activities. It provides variety, maximises participation and is based on cooperative play.

Roll a course

COACHING · HOW TO SCORE · PLAYING AREA · NUMBER OF PLAYERS · GAME RULES · EQUIPMENT · INCLUSION · TIME

change it...

Coaching

> Encourage players to share experiences (what worked/what didn't) with their partner.

Game rules

> **Time challenge** – add a time challenge, e.g. time one round and then reduce the time (e.g. by 25 per cent) for the next round.

> Allow a set time (e.g. 3 minutes) at each station, with pairs attempting to maximise their scores (vary the time according to the ability of the group). Everyone moves on at the same time.

> Vary distances to targets, the width of the gates or the size of the sheep pen.

> Use a goalball (makes a noise when it rolls) and callers to assist players with limited vision. Larger targets and maximum colour contrast between target and background will assist players with some vision.

> Play using *eyeshades* and *energetic calling and tapping* to guide players.

HERE, HERE!
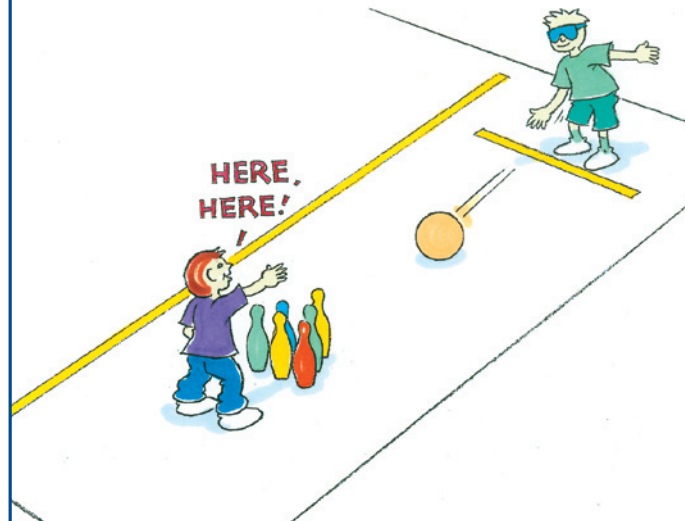
> **Skittles** – provide 2 lots of skittles, one close and another further from the start-line – allocate different points, e.g. 2 points (closer), 4 points (further).

> **Include all** – using a rolling ramp or allow kicking as required.

Safety

> If a ball rolls into another group's area, play stops before the ball is retrieved.

> Balls must be rolled and not thrown, e.g. the ball must hit the ground within 1m of the thrower.

> Ensure adequate space between and around activities.