



Australian Government
Australian Sports Commission

EASY MED HARD

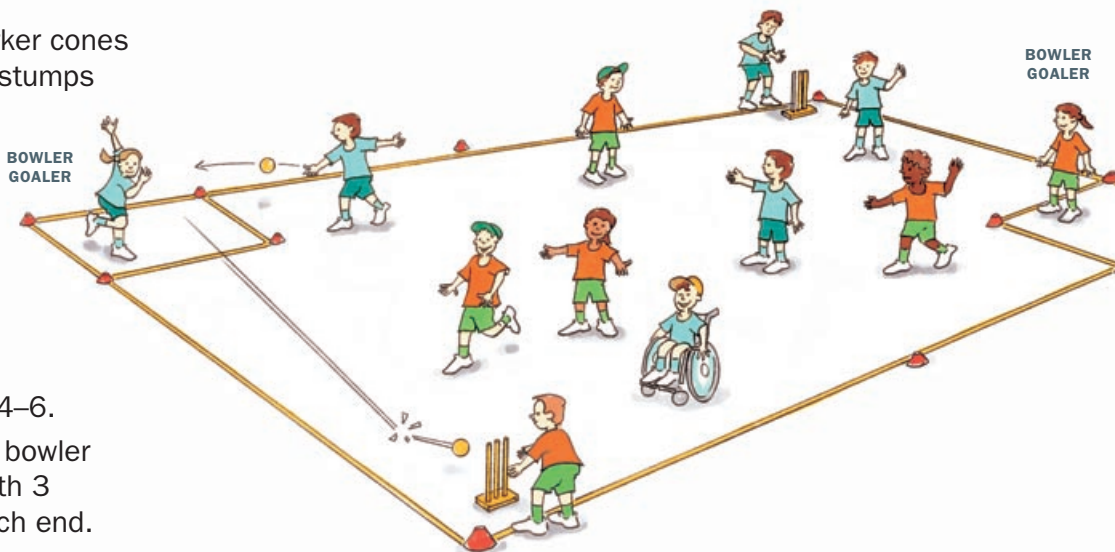


Bowler goaler

A Attackers pass the ball among team-mates, aiming to pass it to their bowler goaler. The bowler goaler scores points by bowling the ball and hitting the stumps. (Play in 2 teams of 4–6.)

What you need

- > 1 ball, 10 marker cones and 2 sets of stumps per game



What to do

SETTING UP:

- > Divide players into teams of 4–6.
- > Designate the bowler goaler area with 3 markers at each end.

PLAYING:

- > One player from each team should be in the bowler goaler area.
- > Attackers may take a maximum of 5 steps before passing to a team-mate.
- > If the ball hits the ground, or is intercepted, the opposing team takes possession, and become the attackers.
- > Attackers pass the ball to the bowler goaler in the designated area (where no other players can enter) who then bowls the ball at the stumps.
- > Once the ball has been bowled, it may not be intercepted until after it passes the stumps.
- > If the stumps are hit, a goal is scored and the ball is returned to the centre for the opposing team to restart the game.
- > If the bowler goaler misses the stumps, the opposing team begins with the ball from the backline.
- > Rotate the bowler goaler after each point.

Change it

- > Use either an overarm or underarm bowling action or roll the ball when bowling.
- > Specify the type of pass the attackers must use e.g. overarm, underarm, bounce.
- > Move the stumps closer to the bowler to encourage success.
- > Vary the type of ball and target depending on the activity e.g. basketball and bin, football and goals.

Safety

- > Try to avoid any contact between players.
- > The ball cannot be taken out of the hands of a player.

Ask the players

- > How can you increase your chance of intercepting the ball?
- > When passing, how can you make it less likely that your ball will be intercepted?
- > How do you communicate with your team-mates?

LESSON LINK

Bowler goaler is a game that keeps players moving. The game develops fielding, bowling and teamwork skills.

SESSION PLANS

Combo > Start Out SF 04A + Get Into It INV 08 + Get Into It SF 13A