

ROLLERBALL



WHAT IT DOES
HELPS TO DEVELOP
THROWING, KICKING AND
AIMING SKILLS AS WELL AS
AN UNDERSTANDING OF HOW
TO CONTROL BALL SPEED AND
POWER. A GOOD GAME FOR
DEVELOPING “SOFT” HANDS
OR “SOFT” FEET.

WHAT YOU NEED
A FEW PLAYBALLS AND
A NUMBER OF TARGETS.
ANYTHING GOES REALLY...
SKITTLES, CONES, BOXES,
CHALK LINES, PLAYBALLS,
ROPE, ETC.

HOW TO PLAY

Set up your target and then decide on a starting position. The game is to roll or kick the ball towards the target without going past it. Whoever gets closest, wins...

So if your target is a line of rope, you have to roll/kick the ball up to it but not over it. If it's a box or a skittle, you have to roll the ball up to it, but don't hit it!

Andy still plays this game with his team on the tennis court from time to time. He rolls the tennis ball from the net to the baseline and whoever gets closest (without going past it) wins. He always tries to get it to stop right on the line.

TRY THIS

Keep changing the target and/or the starting position so that you are not always throwing/kicking in a straight line. Change the throwing hand /kicking foot so you use right and left.



Make the target a big cardboard box (or a large ball) and try to make it move by rolling, throwing underarm or overarm, or kicking the ball harder. You could even add a couple of goal posts and try to manouvre the box (or playball) through the goals.

Tie a bunch of balloons on strings to the back of a chair or to the washing line, now you have a higher target to aim at so you can use the overarm throw. Think cricket, tennis or baseball.

Tips: Bigger targets make it easier for small kids but remember to keep challenging them by making the target smaller or further away or by using a different body part. Asking the kids to select the target and/or the starting point plus the type of throw/kick is a good idea. If they are involved in the designing of the game, they will buy in to it better and most times, their home-made games are the best!

We used to tie a big bunch of balloons to the fence at the tennis club and then serve at them till they burst. The incentive of actually bursting them makes kids speed their arms up and then they learn how to throw harder and faster!

