

Resources:

Small basketballs, cones, sponge balls

Objectives:

WALT – We are learning to roll a ball accurately at a stationary target.

WILF – What I’m looking for is for you to roll the ball with your non-dominate foot forward and your dominate hand underneath the ball.

TIB – This is because to hit the target we need to get our body in line with it.

Year 2

Lesson 1

Activities	Coaching Points
<p>Warm Up: Travelling, stopping feet, get ready feet</p> <p>Traffic Jam (cones) Using a restricted area, pupils using a traffic light sequence to support catching and rolling feet. Using a red cone for a stop (catching feet), yellow cone for get ready feet (rolling feet) and green for go. Variations:</p> <ul style="list-style-type: none"> • Introduce new commands e.g. • Reverse – going backwards • Speed bump – bouncing • Lollypop lady – waving children across 	<p>Catching feet Feet point forwards shoulder width apart Knees bent Seat down Shoulders rolled back Head up</p> <p>Rolling/throwing feet Foot forwards Head up</p>
<p>Activity 1: Rolling and trapping</p> <p>Roll away and trap (basketballs, cones, sponge balls) Using a basketball per child demonstrate the rolling position with non-dominate foot forward, dominate hand under the ball and non-dominate hand on top of the ball. Pupils roll the ball away from themselves, run around in front of the ball and trap in with both hands Variations</p> <ul style="list-style-type: none"> • Use a set of cones in area, pupil roll balls trying to avoid the cones. • Place sponge balls on top of cones and use as targets for pupil to hit 	<p>Rolling feet Opposite arm to leg when releasing object Use both dominant and non-dominant side to throw. Opposite hand underneath the ball Non-dominate hand on top to control the ball Bend knees to deliver roll</p>
<p>Q. How should you be standing when you are rolling the ball? Q. Which is better rolling the ball from the same side as your forward foot or from the opposite side?</p>	
<p>Activity 2: Rolling through goal</p> <p>Rolling through the goals (basketballs, cones) In pairs using a set of cones to make a goal pupils roll the ball back and forth through the goals. Target of 10 rolls and traps before reducing the size of the goals Variation Introduce another set of goals either side of the initial goal and use a points system for competition. Include sponge balls to allow and disallow goals</p>	<p>Aiming for the target Non-dominate foot in line with target Eyes on the target Follow through with roll</p>
<p>Q. What can you do to help make sure the ball goes through the goal when you roll it?</p>	

<p>Game: Rolling at a target 3 pin bowling (cones/spots, basketballs, sponge balls) Divide class up into four teams each with a spot for non-dominant foot and three cones with sponge balls on top 5m-10m away. Last pupil from each team is behind the line of three cones to trap the ball and return it. Pupils attempt to roll the ball down the alley and knock sponge balls off their team's coloured cones. After rolling the ball pupil then replace the trapping pupil behind the cones Extension Teams are free to place their cones anywhere in the area but the other teams must try and knock their opponent's sponge balls off their cones to knock them out.</p>	
<p>Q. What tips could you give to a team mate to help improve the accuracy of their roll? Q. How effective was your rolling? Q. How could you check that you are using a good rolling technique?</p>	
<p>Cool down: Rolling and trapping Reaction time (basketballs) In pairs, pupils stood one behind the other facing in the same direction. Pupil behind rolls the ball either through their partners legs or around the sides. Pupil in front reacts, runs in front of the ball and traps it. They return it to the roller and continue 5 times before swapping.</p>	<p>Ready feet Feet forwards Balls of feet Knees bent Shoulders rolled back Hands ready</p>
<p>Success Criteria (I can...) 1. Roll a ball with my opposite foot forward. 2. Place my rolling hand at the bottom and my guiding hand at the top of the ball when aiming at the target 3. Adjust (move) my body position (forward foot, forearm and head) to line it up with the target.</p>	<p>Main Coaching Points Opposite arm to leg when releasing ball Use both dominant and non-dominant side to throw. Forearm facing the target Dominate hand underneath the ball Swing and follow through in direction of target</p>
<p>Evaluation</p>	<p>Points for next lesson</p>