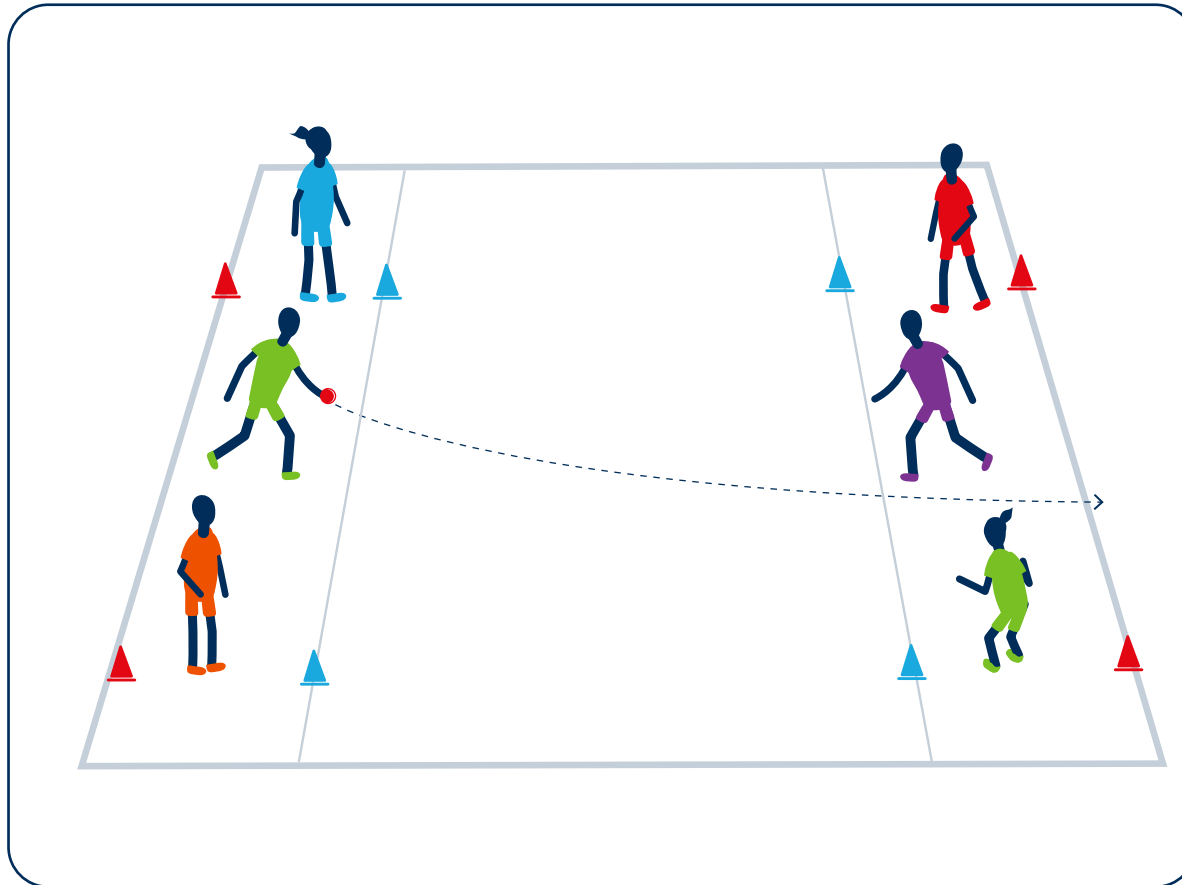# ROLLER BALL

icoachcricket.ecb.co.uk

Equipment

Per group:

Cones: 8 (4 to make each area)

Balls: 1-3

Aim

To develop and acquire ability to stop the ball when fielding and use an under throw

To select and apply skills and tactics to prevent runs/points being scored (stopping) and score points with power and accuracy (throwing)

To evaluate and improve performance by observing team members and the opposition when performing (stopping the ball and throwing under-arm) and by listening to and following instructions

Organisation

6-8 players organised into 2 equal teams

2 team areas (blue cones to indicate start of team area, red cones mark scoring zone/goal at the back of team area) approx. 5-6m apart

Tennis ball rolled via under-arm throw via each player/team, in an attempt to roll the ball through the scoring cones – 1 run awarded if ball passes through goal

Ball not allowed to be thrown in front of blue cones marking the start of each area – 1 run can be awarded if cross the line

Each team takes it in turn to attack/defend each zone

Ball must be thrown under-arm (points can be awarded for balls that are over knee height)

Team with most points wins

Adaptation/variation

Increase/decrease size of ball used

Increase/decrease distance between team zones (ensuring safety of players at all times)

Increase/decrease size of scoring zone

Introduce catches as option for defending zone (completed catch adds two points to each total)

94236