Triangle roll

Players in 3s stand on the points of a triangle and roll a ball to one another. (Play with 3 or more.)

**What to do**

**SETTING UP**
- Players spaced 3–5 metres apart.
- Any ball and surface suitable for rolling.

**PLAYING**
- The ball is rolled along the sides of the triangle.
- Experiment with ways of trapping the ball – foot, hands.

**Scoring**
- Not scoring is an option, alternatively how many times ‘around the world’ in 30 seconds?
- Vary the – size of triangle, speed of ball, size of ball, scoring method, type of activity performed after release, size and placing of the gate.
- Use eye shades and a ‘goal ball’, which makes a noise when it rolls, add an interesting dimension to the activity and will include children with limited vision. Encourage communication between team-mates.
- A player with limited balance can use a chair. A player with poor hand function can use a rolling ramp.

**Safety**
- Do not throw balls.

**Learning Intention**
This is a beginning rolling and trapping activity that leads to fielding skills. By adding an activity to be performed after release the intensity of the activity can be increased.