Rolling Penalties

How to play:
• With a partner, set up a goal using two markers.
• Player 1 starts 5 steps away from the goal. Player 2 starts in goal.
• Player 1 rolls the ball towards goal trying to roll the ball past player 2.
• Can player 2 prevent the ball going past them? Can player 1 score?
• Players score a point each time they score a goal. The first to score 5 points is the winner.

Top Tips
Rolling & Saving
Saving: Look up, concentrate on the ball, be on your toes.
Rolling: Use an underarm technique and concentrate on where to aim.

Let’s Reflect
How did you feel when your roll was stopped?
Were you able to concentrate on the target to score a point?