

S4 IN THE ZONE



Suitable for ● F-2 ● 3-4 ● 5-6

PHYSICAL LITERACY: Rolling | Teamwork | Dodging | Spatial awareness | Shot placement | Accuracy

HOW TO PLAY

- Each player has three bowls where possible
- Take it in turns to roll from the mat
- Try to roll your three bowls to land in an area marked by the cones

EQUIPMENT

- **F-2:** Cones & Mats from Rookie Rollers Kit - Tennis balls
- **3-6:** Bowls, Cones & Mats from Rookie Rollers Kit

CHANGE IT

- **F-2:** Adjust the distance to roll into the zone
- **3-4:** Emphasise the use of bowls with bias
- **5-6:** Challenge players to roll forehand or backhand

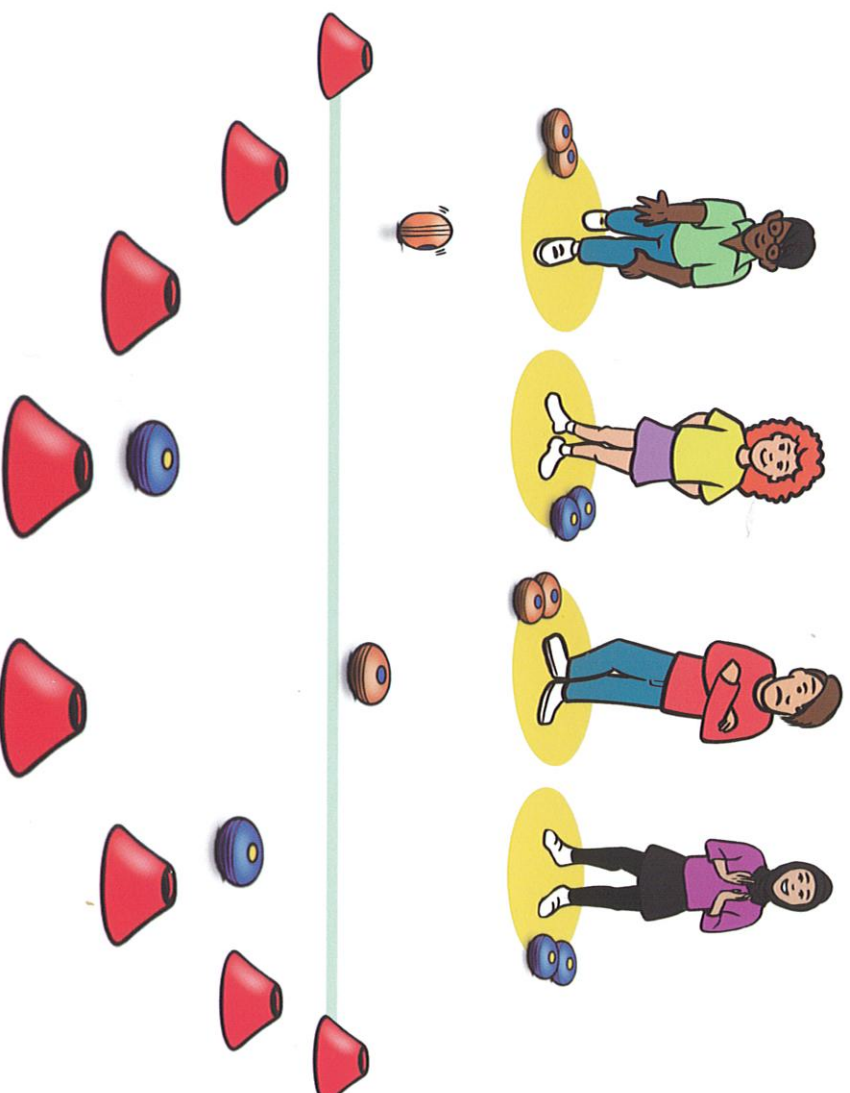
TEACHING TIPS:

- Return bowls to the mat after game is complete
- Challenge players to knock each other's bowls out of the zones
- Create your own scoring system to challenge players
- **3-4:** Using your arm like a pendulum, follow through to help control distance

- **5-6:** Use trial and error to improve accuracy i.e. Roll at different speeds and/or angles to land closer to the target
- **5-6:** Use a point on the ground to roll over when finding your preferred delivery line
- **5-6:** Plan your next bowl by watching where other player's bowls land

ASK THE PLAYERS:

- **3-4:** How else could we score points in this game?
- **5-6:** What do you need to be aware of when driving the bowl faster?
- **3-4:** Why is it important to follow your arm through when you roll?
- **F-2:** What are some of the rules?
- **F-2:** Do we need to add in other rules? If so, what?
- **5-6:** How do you choose which target for when bowling?



S3 ROLL TO TARGET



Suitable for ● F-2 ● 3-4 ● 5-6

PHYSICAL LITERACY: Rolling | Teamwork | Spatial awareness

HOW TO PLAY

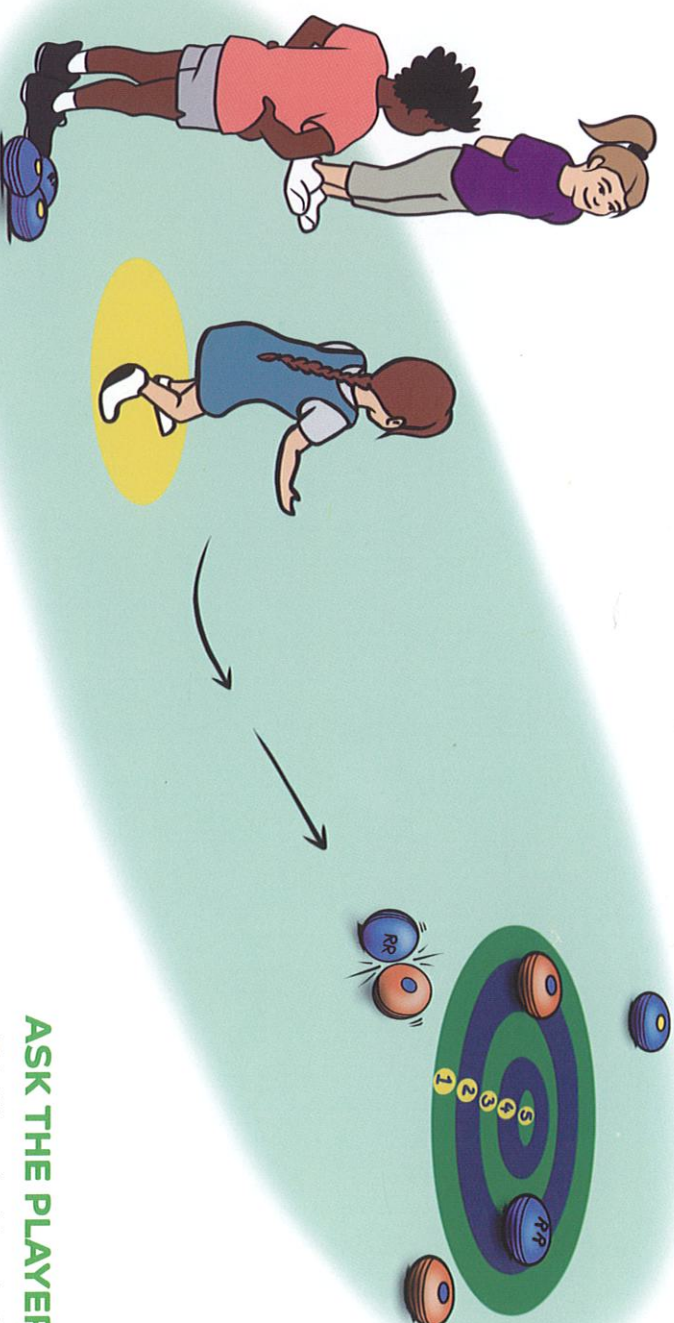
- Place a mat for players to stand on away from the target mat
- Each player has three bowls
- Take it in turns to roll the bowls from the mat and try land your bowl on the target mat

EQUIPMENT

- **F-2:** Mat & Target Mat from Rookie Rollers Kit - Tennis balls
- **3-6:** Bowls, Mat & Target Mat from Rookie Rollers Kit

CHANGE IT

- Use cones as obstacles
- **F-2:** Adjust the distance to roll
- **F-2:** Emphasise use of bowls with bias
- **5-6:** Challenge players to roll forehand or backhand



TEACHING TIPS:

- Return bowls to the mat after game is complete
- Challenge players to knock each other's bowls off the target mat
- Create your own scoring system to challenge players
- **F-2:** Release the bowl close to the ground
- **F-2:** Try not to let the bowl bounce when you release
- **3-4:** Bowl to rest upright in your preferred hand
- **5-6:** Place your bowl down smoothly to reduce the wobble
- **5-6:** Allow for the bias (turn) by aiming to the side of the target
- **5-6:** After release, follow your arm through toward the target (delivery line) to improve accuracy and balance

ASK THE PLAYERS:

- **F-2:** Where should you be looking when you roll? (A: at the target)
- **F-2:** How do you change your action to roll longer or shorter?
- **3-4:** What do you do with your body before you roll?
- **3-4:** How do you control which way the bowl will turn?
- **5-6:** How can you become more balanced when you roll?
- **5-6:** How do you plan to avoid obstacles when bowling?
- **5-6:** How do we know which way the bowl will turn?