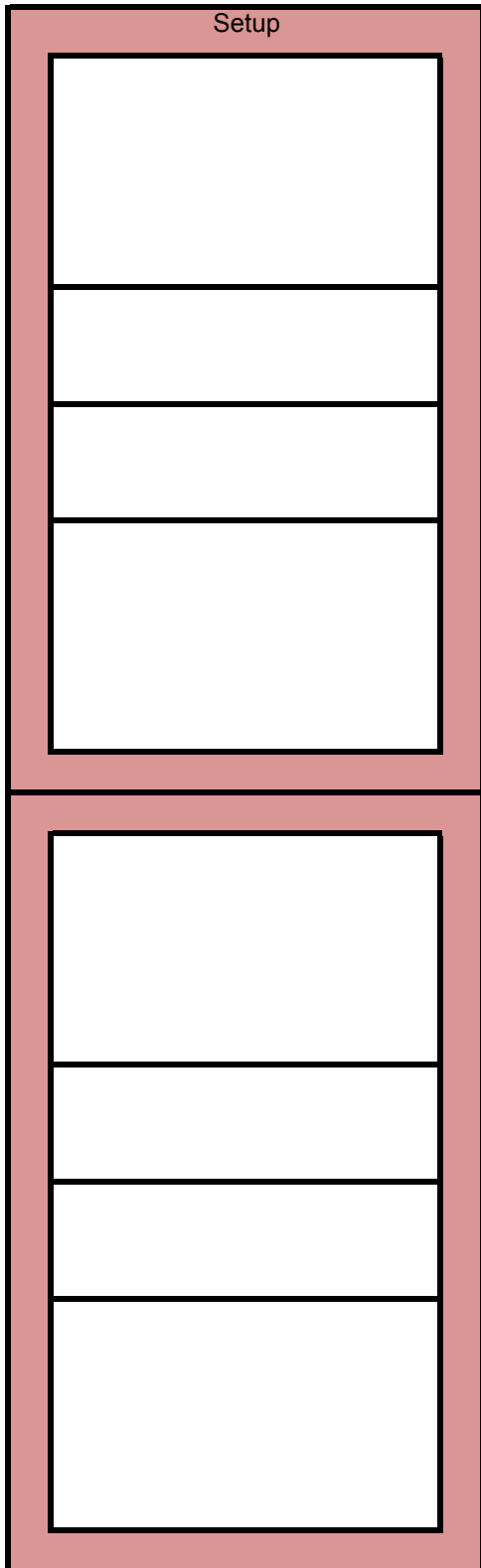


Recommended # of Athletes: 10 +



Rolling Scoop

Set-up

Spread out athlete across the gym floor, each with a ball

Conditions:

Get athlete to play a ball on the ground, then working on diving and rolling and getting their hand under the ball to push it upward as they role. Then collect their ball and repeat

Purpose/Goal

Develop lateral defence and get used to digging balls while on the ground
Learn how to effectively dig role and get to their feet quickly

Success criteria

Athletes are able to role and get their hand under the ball pushing it off the floor 3 or 4 feet at least

Reference Points

Get Low! Step towards the ball and reach down for it. Land on your butt or lower back while contacting the ball then role over on your back over to your other side

Variations

Get athletes in pair with one tossing a ball low and 3 feet to the side of the other. Athlete then reacts and moves for the ball, digging it up.

Simplification

More Difficult

Legend: Ball's Route = Players Rotation = Players =

