

Collect 3

EASY MED HARD



Skills > Accurate rolling · Agile fielding · Working cooperatively

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3 players – a feeder, a collector and a fielder work cooperatively. The feeder rolls 3 balls in quick succession into the target area. The collector has to gather the balls with the assistance of the fielder, running against the clock, and return them to a hoop.

Scoring

- > Number of balls returned in the set

What you need

- > Cones to mark a starting line and target area
- > 3 tennis balls per group
- > One hoop or container for returned balls
- > Stopwatch

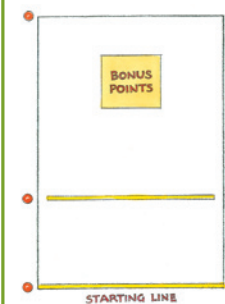
What to do

- > Allow the collector a set period to collect balls, e.g. 60 seconds.
- > Rotate roles.
- > Balls out of the target area are not collected for scoring – the fielder returns them to the hoop.
- > If all balls roll out, the feeder has a second attempt.

Change it

Talk to players about the cooperative aspect of accurate feeding (target rolling) and efficient fielding and how they interrelate for a good result.

- > **Cooperative team challenge** – add each player's score together to give a team total.
- > **Number of balls** – use 2 balls (easier), 4 balls (harder).
- > **Balls** – use different rolling balls (slow v fast rolling).



- > **Target area** – vary the size and shape. Mark a zone within the target area for bonus points if the feeder rolls balls into the zone.

- > If a player has limited mobility they could be located in the target area facing the feeder. Collected balls are then passed to a buddy to return to the hoop.

Safety

- > Ensure there is sufficient space between groups.
- > If a ball enters another group's area, play must stop before the ball is retrieved.
- > The fielder does not enter the playing area.



LESSON LINK

Collect three is a useful warm-up or transition activity for a variety of striking, fielding and target-game activities.