



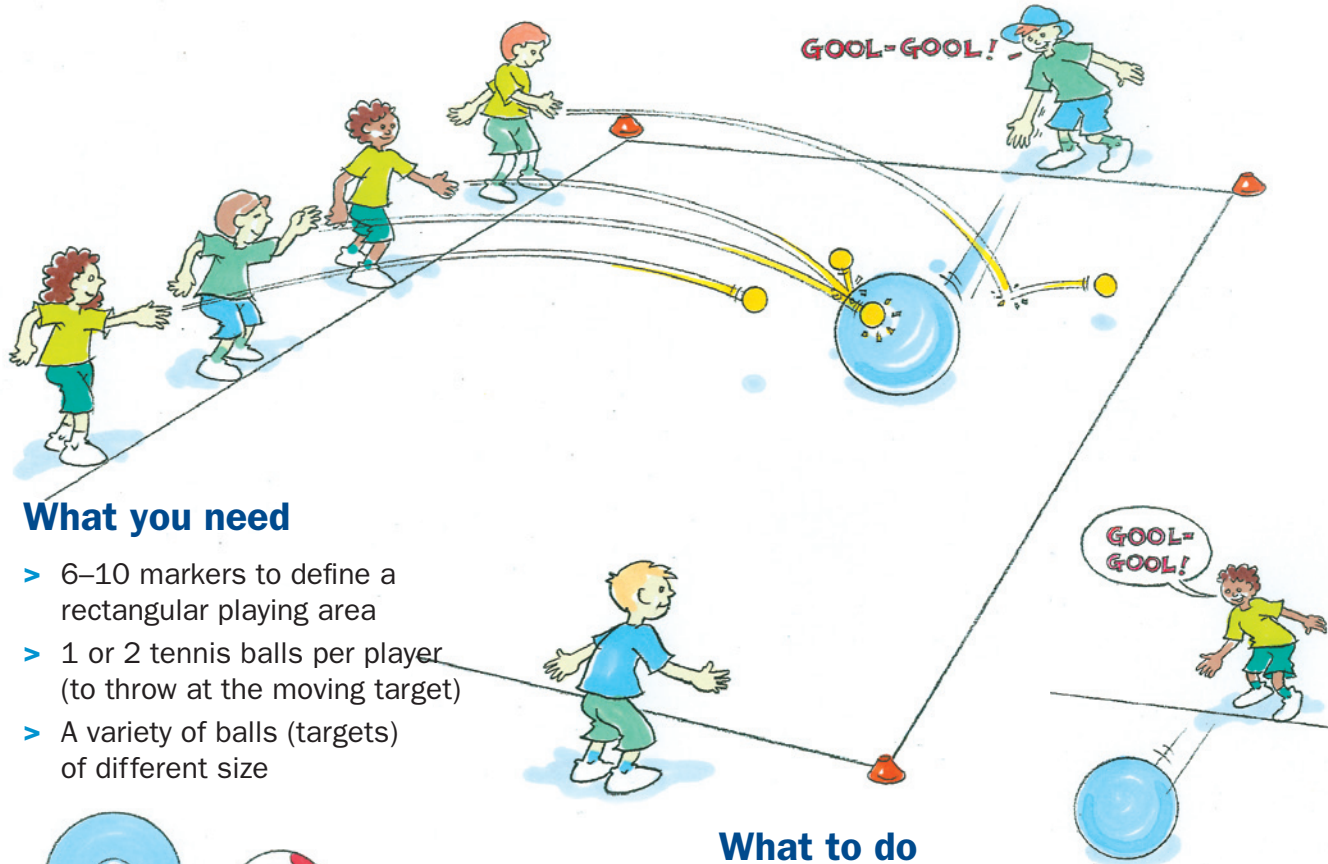
Australian Government
Australian Sports Commission

EASY MED HARD



Gorri

Bowl ball or disc games were played by Aboriginal boys and men in all parts of Australia. For example in Western Australia a piece of rounded bark (disc) was rolled and used as the target. Accuracy of eye and speed in casting the spear were easily learned from the disc game. A large ball is rolled and players try to hit it with a tennis ball.



What you need

- > 6–10 markers to define a rectangular playing area
- > 1 or 2 tennis balls per player (to throw at the moving target)
- > A variety of balls (targets) of different size



EXERCISE BALL



BEACH BALL



SOCCER BALL

What to do

- > A player designated as the *roller* calls out 'gool-gool' (going-going) and rolls the ball in front of the other players, who attempt to hit it with their tennis balls.

- > An important safety measure is to have a signal to let players know when it is OK to retrieve balls.
- > Another player at the other end acts as a *fielder* and stops the ball, then returns it to the first 'roller' after dispersed balls are gathered.
- > When a player makes a hit they are greeted with applause and cheering. Successful players are expected to be modest about their achievement.

Scoring

- > Not counting hits is an option. Another option is to set players a personal challenge with players aiming to score a personal best.



LESSON LINK

Gorri is a target activity where the target *moves*. This requires a combination of throwing skills and anticipation.

SESSION PLANS

Combo > Start out CP 02a + Get into it TG 07 + Get into it TG 08
Mixed combo > Start out CP 02a + Get into it INV 07a + Get into it TG 07

change it...

This activity can be modified to suit players with varying abilities. By choosing a suitably sized target, rolling speed and distance from the target all players can be accommodated.

Change it

- Vary the size of the target ball.
 - Vary the type of target ball – e.g. players with limited vision can be included by using a target ball that makes a noise as it rolls such as a goalball or a ball wrapped in plastic secured by tape.
- Other players could use eye-shades with this option to equalise play.
- Roll more than one target ball.
 - Vary the size of the balls that are thrown. A bean bag is a good option for a player with limited grip strength or hand function.
 - Vary the speed the ball is rolled.
 - Vary the distance from the line of the rolled ball.
 - Vary the type of throw – rolling is also an option.
 - Bouncing the target ball provides an interesting challenge.

Safety

- Balls are not retrieved until all the balls have been thrown and an 'OK' signal given.
- If using eye-shades, they should be removed before retrieving balls.
- A signal is given to let the players know it is safe to gather the thrown balls and return to the starting line. (This could provide another challenge activity with the task being to take 2 balls back to the starting line! Players should be mindful of others.)

