

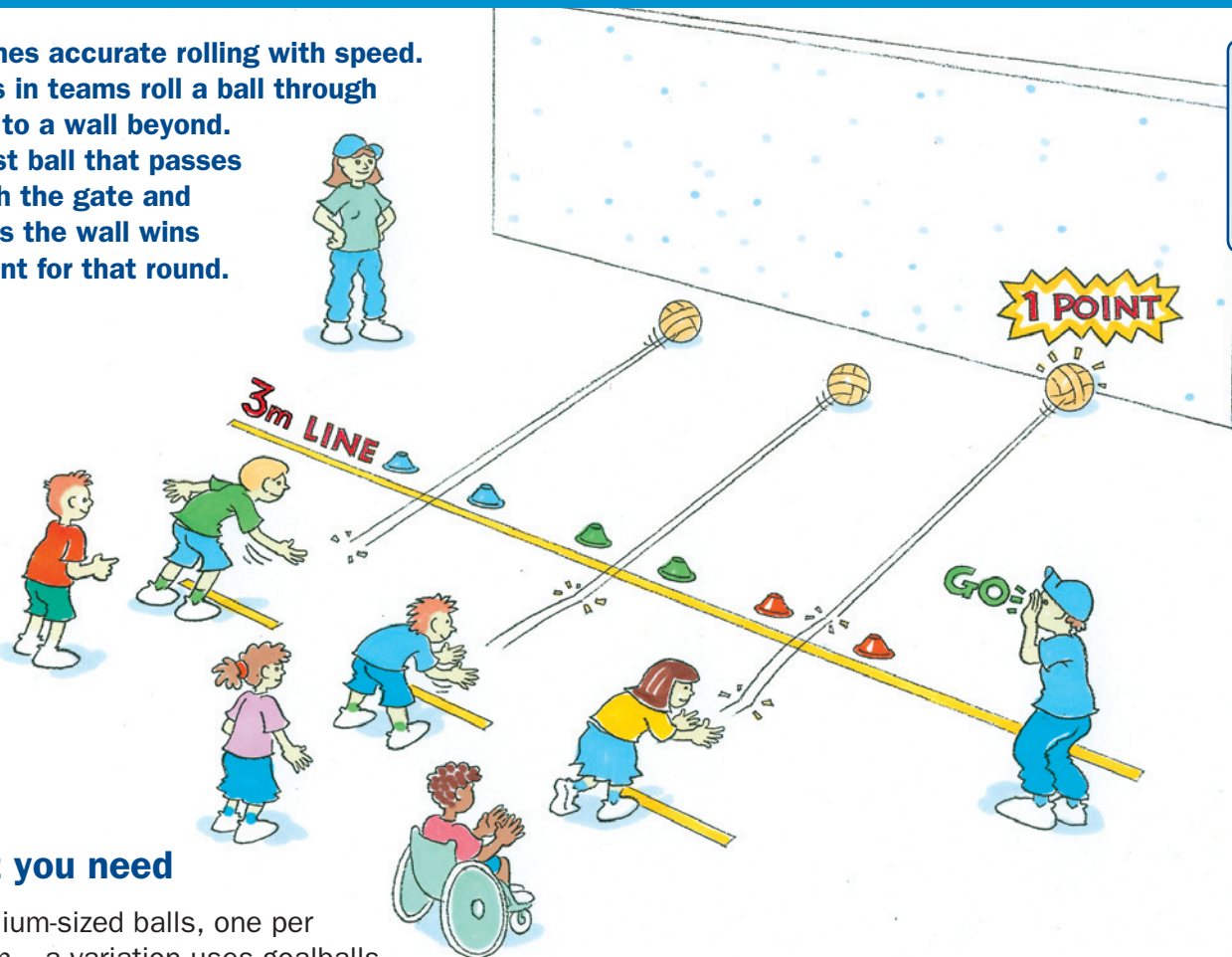


EASY MED HARD



Speed gate

Combines accurate rolling with speed. Players in teams roll a ball through a gate to a wall beyond. The first ball that passes through the gate and reaches the wall wins the point for that round.



What you need

- > Medium-sized balls, one per team – a variation uses goalballs (which make a noise when they roll), eyeshades and callers
- > Positional markers 10 metres from the wall
- > A wall free of obstructions – a line may be used instead

What to do

SETTING UP

- > Teams are set up as shown. Keep teams small (2 or 3 players) to ensure lots of activity.

Scoring

- > The team with the most points wins.
- > Place a judge near the wall/line to decide whose ball has won.

PLAYING

- > On the start signal, the players in the front of each team roll their ball along the ground towards the wall – it must pass through the gate to be eligible for scoring.
- > The ball must roll along the ground – add a line 3 metres from the throwing line. The ball must be rolling *before* the 3-metre line.
- > Each person has an agreed number of throws, e.g. 3.
- > The next player in line runs from behind the position marker to retrieve the ball.

LESSON LINK

Speed gate is an introductory activity for other target games that require rolling a ball.

SESSION PLANS

Mixed combo > Start out CP 08 + Start out Tg 01 + Get into it INV 11

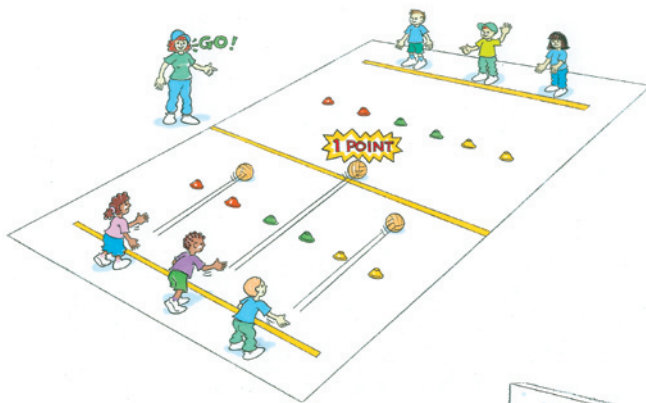
Speed gate

Skills > Rolling under time pressure · Accuracy in rolling · Effective reactions to a call · Chance to play using different sensory input · Use of zones to regulate play

change it...

Coaching

- > Look – swing – release. Keep it smooth!
- > **No wall, no worries** – in this variation teams are split on either side of a line and throw the ball to each other. The first ball to cross the line scores. A start signal is provided for *each* throw.



- > **Goalball speed throw** – use a goalball, eyeshades and callers.



Game rules

- > **Rolling variations** – underarm one-handed (like a ten-pin bowling action); underarm both hands with legs astride (face forward or face backward); bowling action, side-on stance, using both hands.

Equipment

- > Use different types of balls – vary size and shape.

ALTERNATIVES



- > A volleyball wrapped in plastic and secured with tape is an alternative to a regular goalball.

Playing area

- > Vary distance to wall/line.
- > Vary position and width of gates.
- > For the *goalball option*, use orientation lines to mark the throwing line, e.g. use string covered with tape that players can feel with their fingers and feet.

Safety

- > No one goes into the throwing area during play.



ASK THE PLAYERS

- > 'What can you do to get your ball to the wall first?' (e.g. starting position of arm/body, ensuring the ball rolls and is not thrown).