

## Kicking, Trapping, Bowling & Rolling Skills

**SHAPE Standards:**

1, 2

**DPE Outcomes:**

- I can kick a stationary ball using 2 of 4 cues.
- I can kick a stationary ball using 4 of 4 cues.
- I can roll a ball at two different speeds.

**Equipment:**

- 8" foam or rubber ball for each student
- 8.5" partially deflated playground ball (Optional)
- 15 bowling pins

**Instructions****Kicking and Ball Control Skills**

Inside of Foot Kick. Approach at 45-degree angle; inside of foot meets ball. Place non-kicking foot alongside ball.

Outside of Foot Kick. Short distance kick; keep toe down.

Long (instep) Pass. Contact the ball with the shoelaces. Not as accurate, but used for distance.

Sole of Foot Control. Use sole of foot to stop ball; make sure weight is placed on the non-receiving foot.

Inside of Foot Control. Use inside of foot and learn to "give" with leg so ball doesn't ricochet off foot.

The receiver can practice soccer skills. For example, the following skills are suggested:

Toe Trap

The Foot Pickup

Bowl with Your Feet

**Rolling and Bowling Skills (2 of 2)**

Two-handed roll; between the legs, with wide straddle stance.

Roll the ball with one hand. Use both left and right hands.

Roll the ball and put spin on the ball so it will curve to the left and right.

Roll the ball through human straddle targets:

Start rolling at moderate stances and gradually increase as bowlers become more proficient.

Use left and right hands.

Scoring can be done giving two points for a ball that goes through the target without touching and one point for a ball going through, but touching a leg.

## Kicking, Trapping, Bowling & Rolling Skills

Use objects such as milk cartons, clubs, or bowling pins for targets. Various bowling games can be developed using the targets. Stand with your back facing your partner. Bend over; look through your legs and bowl. Experiment with rolling the ball at different speeds. When might you want to roll the ball slowly? Fast?

### Teaching Hints

Give each student a ball. The ball of preference is an 8" foam rubber ball since it will not be painful to kick and trap. Underinflated (they are easier to control) 8.5" playground balls can be substituted.

Assign students two or three activities to practice so you have time to move and help youngsters. Alternate activities from each of the categories so students receive a variety of skills to practice.

Work with a partner and practice rolling and bowling to each other.

When bowling through the legs of youngsters, students need to take turns. Encourage them to change position after three or four turns.