

Lead Up Skills for Bowling Bingo

Summary

The students demonstrate competency in applying the correct techniques of rolling a ball with accuracy and force using dominant and non-dominant hands. They will also apply the correct techniques of fielding a rolled ball.

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Life Skills

Communication, Social & Civic Responsibility

Materials

One gator, foam or nerf ball for every two students, a gym with boundary lines or cones to mark boundaries.

Intended Learning Outcomes

The students will demonstrate competency in performing the correct techniques of weight transfer, follow-through and body-target alignment as well as applying the basic skills in receiving a rolled ball.

Instructional Procedures

Organization:

Pair the students up and have them find an open space in the playing area. Distribute one ball to each pair of students.

Activity: The following cues and drills will develop the skills needed to play "Bowling Bingo":

Cues for the one hand roll:

Keep your eyes on the target; line the ball up with the target.

Swing rolling arm back beside your body.

Step forward with the opposite leg.

Bend at the knees and swing rolling arm forward to release the ball close to the floor.

Follow through with rolling hand pointing straight at the target.

Cues for fielding with two hands:

Stand in front of the ball coming toward you and keep your eyes on it.

Bend at the knees. Lower your hands, cupping them so that fingers are pointing down and little fingers are touching.

Keep fingers relaxed.

Watch the ball as it rolls into your hands and "give" with the ball. When the ball is in your hands, grip it firmly.

Partner drills:

1. *Dominant and Non-dominant Hand Partner Practice*

: Partners face each other standing about 10 feet apart. Roll the ball back and forth to your partner. Roll with dominant hand five times then non-dominant hand five times. Remember to step with the opposite foot. Field the ball in two hands. Take two steps back from each other and repeat. This time, take two steps forward then roll the ball.

2. *Boundary Line Roll*

: Partners face each other with one standing on the end boundary line and the other standing on the mid court line with the ball. The partner with the ball rolls to the partner standing on the end line then runs back to his/her own end line. The receiving partner fields the ball with two hands, runs to the midline and rolls to the partner who is standing on the end line. Repeat this several times then switch to rolling with the non-dominant hand. Remind them to keep their eyes on the target, step with the opposite foot, swing arm close to their body, bend at the knees, swing arm forward to release ball close to the floor and follow through with their rolling hand pointing straight at the target. Continue with this drill to reinforce running to the end line after each roll in the actual "Bowling Bingo" activity.

Bibliography

Great Activities Newspaper

Authors

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