

Bowler Ball

Objective: To develop the ability to roll a ball accurately

Facility: Gymnasium or open space

Level: Upper elementary

Time: 10-15 minutes

Equipment: Two bowling pins, two hoops, and one foam ball for every 6 players

Organization: Divide the players into groups of six, with each group divided into two teams of three (3 vs. 3). Place two hoops on the floor/ground approximately 60 feet apart with a bowling pin inside of each one. One team starts with the ball.

Directions:

1. The object of the game is to roll the ball and knock over the other team's pin. Knocking over the pin scores one point.
2. A player with the ball must remain in place (not walk or run with ball), rolling it to a teammate or at the opponent's pin.
3. The offensive team (team with the ball) attempts to pass the ball back and forth by rolling it only, moving down the field and trying to score. If players throw the ball or bounce it to a teammate, they forfeit the ball to the opposing team.
4. The defensive team (team without the ball) may guard players (similar to basketball) and intercept passes to gain possession of the ball but may not make intentional contact with an opponent. Intentional contact results in a free roll by the offended player with no defender within five feet.
5. Each team can protect its pin from being knocked down, but no player may step inside of the hoop. If an offensive player steps inside the hoop, the ball is given to the other team. If a defensive player steps inside the hoop, the offense scores a point.