

Basic Bowling - Lesson Plan 1

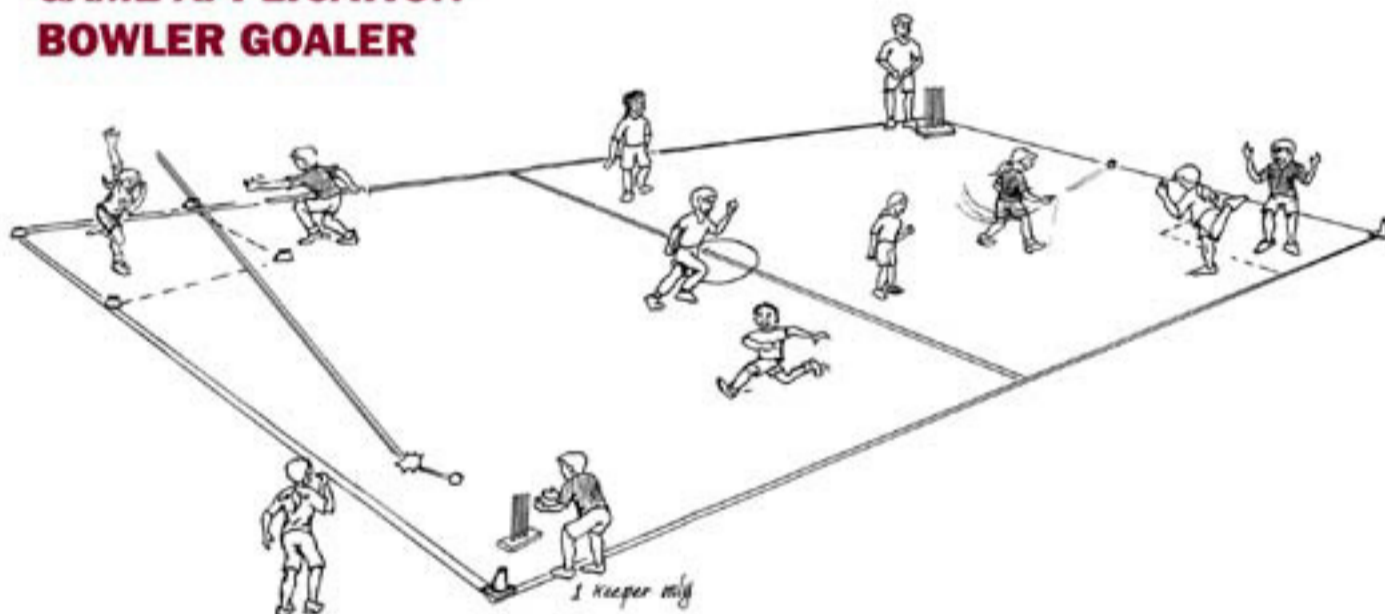
PARTNER BOWLING

- Side on to the target.
- Non-bowling hand reaches up high & bowling hand moves down low.
- Non-bowling hand pulls straight down as bowling hand moves over the top (arm straight) to bowl.
- Follow through with bowling hand across the body.



GAME APPLICATION

BOWLER GOALER



To start: Select 2 teams of 4 - 6 players.

- Mark out the playing area with 4 markers, size dependent on number of players.
- Designate the Bowler Goaler area with 3 markers at each end.

The game: Players in possession of the ball can take a maximum of five steps before attempting to pass to a teammate. If the ball hits the ground or is intercepted the opposing team takes possession.

- The object is to pass the ball to the Bowler Goaler in the designated area (where no other players can enter) who then bowls attempting to score by hitting the stumps.
- The ball cannot be intercepted once bowled until after it passes the stumps.
- If the stumps are hit a goal is scored and the ball is returned to the centre for the scoring team to restart the game.
- If the Bowler Goaler misses the stumps the opposing team begin with the ball from the backline.
- NO contact is allowed.

NOTE: Players can be designated forwards, defenders etc. with restricted areas to reduce congestion.