

FOUNDATION SKILLS

Dynamic Rollball



Description:

The dynamic rollball (often referred to as a “dump”) differs from a static rollball in that it is executed on the run. The objective is to catch retreating defenders in an offside position.

Using the dynamic roll ball (dump) enables teams to advance the ball quickly up-field and place them in a good scoring position.

When Used:

The dynamic roll ball is often used when the attacking team is trying to advance the play at speed.



Key Coaching Points:

1. Perfect the techniques for an excellent static roll ball, affecting a touch by an attacking player and acting half pass.
2. Firstly execute the roll ball at walking pace, increase to a jog and run then increase speed until game pace is achieved.
3. Learn to rollball (dump) with either hand while initiating a touch with the other on defenders lower trunk or leg.
4. Use a stride stance with the ball rolled near the inside leg (closest to defender) while stepping over a stationary ball when placed on ground.
5. Always use a defender in each drill so a touch is always initiated.

Common Errors:

- Poor balance
- High body height whilst executing the rollball
- Failure to decelerate when approaching the defender
- Loose ball grip
- Attacker not initiating the touch
- Over run the mark
- Initiating touch on defenders upper body or hand

Key Tip:

Many errors that occur during the rollball can be attributed to the athlete's control of the ball as it is placed on the ground. Poor control can result in the ball being dropped, bounced, placed on, or in front of, the foot, or in a non-stationary position which can result in the half fumbling the ball. It is essential that the athletes practice the skill of placing the ball efficiently at pace.