

FOUNDATION SKILLS

Static Rollball



Description:

The rollball is a part of almost every pattern of play in Touch Football. Being a frequently executed skill it is critical that all players are able to do so with the best possible technique. It is the most overlooked individual skill when teams train.

When Used:

A static rollball is used following: a touch, a change in possession, when a ball goes to ground, at a penalty instead of a tap and when possession changes due to an infringement by an attacking player at a tap.

Key Coaching Points:

1. The player faces the score line.
2. The player stands parallel to sidelines.
3. The player bends at the hips (keeping a low body height).
4. While stepping, the ball is placed on the ground between the feet, one handed (correct grip on ball is necessary as per ball grip) and preferably keeping it stationary.
5. The player steps over the ball.
6. Learn to perform rollball (also referred to as “dump”) with either hand.

Common Errors:

- Not completing the rollball at the position of the touch - not on mark.
- Not facing correct scoreline whilst rolling the ball.
- Off balance whilst rolling the ball.
- Rolling the ball back more than a metre.
- Poor grip on ball, resulting in drop ball.

Key Tip:

Coaches should ensure that players practice the rollball technique with both hands as this will eliminate the habit of attackers crossing their body to initiate the touch, when a defender is involved.

