



# Underarm Rolling

Underarm rolling is a fairly easy propulsive skill for your child. A good underarm roll involves stepping forward with the foot opposite to the ball-hand (hand holding the ball). This is followed by bending of the knees as the ball-hand swings forward in a downward arc to release the ball. Underarm rolling is used in games such as bowling, bocce and lawn bowling.

Your child will enjoy rolling activities because it is fun to release an object and watch it travel, especially if it topples other objects (e.g. bowling pins or targets).

# Developmental Phases

## Underarm Rolling

### Initial



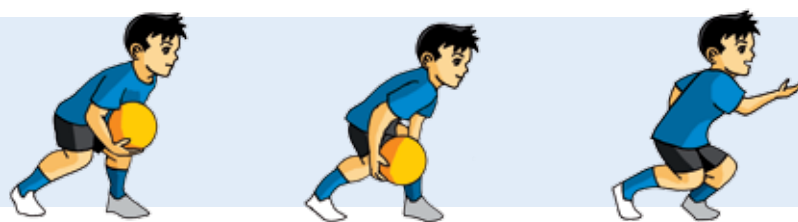
- Feet apart.
- Hands hold ball on both sides with palms facing each other.
- Arms straighten, swinging backward-forward.
- Trunk is bent at waist. Body straightens up upon release of ball.
- Eyes on ball.

### Transition



- One foot steps forward. One hand is on top of ball and other on bottom.
- Arms on opposite side of forward foot swing backward-forward.
- Limited knee-bend.
- Eyes alternate between ball and target.
- Arms swing forward as ball is released between knee and waist level.

### Mature



- One foot steps forward. Ball held in hand on opposite side of forward foot.
- Ball-hand swings backward, then forward. Knees bend and body weight transfers from back foot to front foot during swing.
- Ball is released smoothly at or below knee level.
- Eyes on target throughout.

### Approximate Age of Development (in years)

Initial	1	2	3	4	5	6	7	8	9	10
Transition	1	2	3	4	5	6	7	8	9	10
Mature	1	2	3	4	5	6	7	8	9	10

# Teaching Strategies

## Underarm Rolling

### What to do if your child...



**... is unstable when rolling from a standing position?**

- Get your child to sit down and roll underarm.
- Get your child to sit with legs straddled, then roll the ball towards the target with both hands.



**... needs cues for the rolling sequence?**

- Place a marker or footprint on the floor to indicate where your child should step. Give step-by-step cues: “Step, swing, bend, and roll”.
- Cues can be verbal or written on word cards. If latter, pin up on wall at your child’s eye level.



**... is not rolling ball far or with force?**

- Get your child to stand with feet shoulder-width apart.
- Bend knees, lower body, swing hands and release the ball with both hands.
- Progress to rolling with one hand when your child is able.



**...needs practice in the rolling movement?**

- Use colourful bottles or empty beverage cartons as targets. Number the targets with permanent markers.
- To prevent the ball from rolling far off at random, place the targets against a wall.
- Create lanes using ropes or benches as guides for your child.

# Variations

“Can your child roll a ball underarm...?”

<b>How the body moves</b>	<b>Force/Effort</b>	<b>Time</b>	<b>Flow</b>
	<ul style="list-style-type: none"> <li>• with a strong backswing</li> <li>• that is light (beach ball)/heavy (basketball)</li> <li>• with both hands</li> </ul>	<ul style="list-style-type: none"> <li>• slowly/quickly</li> <li>• forward and chase it</li> <li>• so that it travels smoothly on the ground</li> </ul>	<ul style="list-style-type: none"> <li>• as if it is a heavy bowling ball</li> <li>• from a stationary position</li> <li>• after taking three steps</li> </ul>
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<b>Where the body moves</b>	<b>Location</b>	<b>Direction/Pathways</b>	<b>Levels/Extensions</b>
	<ul style="list-style-type: none"> <li>• between two rows of cones</li> <li>• between two lines on the floor</li> <li>• to hit the wall on the opposite side of the room</li> </ul>	<ul style="list-style-type: none"> <li>• to the left/right</li> <li>• to hit a moving object coming towards/going away from him</li> <li>• backward</li> </ul>	<ul style="list-style-type: none"> <li>• while standing tall like a pole</li> <li>• in different body positions (sitting/kneeling/feet apart/feet together)</li> </ul>
<b>With whom/What the body moves</b>	<b>Self (body parts)/People</b>		<b>Objects</b>
	<ul style="list-style-type: none"> <li>• to you nearby/at a distance</li> <li>• through your straddled legs</li> <li>• with hands straightened out</li> </ul>		<ul style="list-style-type: none"> <li>• through the legs of a chair</li> <li>• through a paper tunnel (a holed-out cardboard box)</li> <li>• to hit cones placed at a distance away</li> </ul>

## COMBINATIONS

- Through your straddled legs from different body positions
- To hit some targets at the end of the room from a stationary position

# Activity 1

## Underarm Rolling

### OBJECT CONTROL SKILLS



- Ensure that the play area is free of obstacles to prevent collisions, especially when your child changes directions.

### WHAT YOU NEED

- Two chairs
- A ball



### HOW TO PLAY



- Create a goal post by placing two chairs against a wall, a distance apart from each other. You are the goal keeper, your child the roller.
- Position the roller three giant steps away from the goal post. The roller must roll the ball towards the goal, using the one-handed underarm roll. The goal keeper must stop the ball, using only his bare hands; no kicking is allowed.
- Switch roles and repeat the activity.



- Challenge your child by positioning him (roller) further and further away from the goal.
- Challenge him by re-positioning the goal such that the ball has to pass under the two chairs.

### BE AWARE

- Place cut-out footprints on the floor to show your child how to step forward with his opposite foot. This will help him maintain his balance.
- With increased distance between your child and the goal, ask your child to swing the ball back and forth before he releases the ball. This will help him generate momentum and force for the roll.

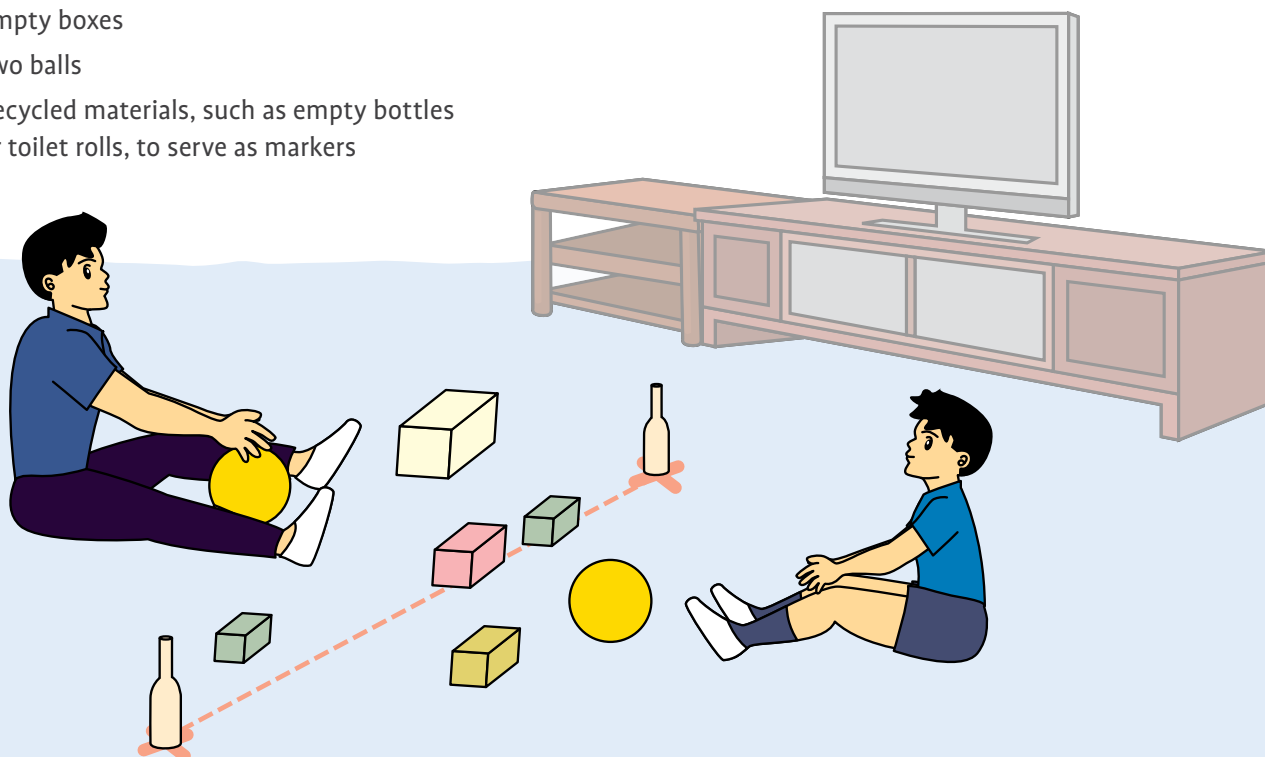
# Activity 2

## Underarm Rolling

### OBJECT CONTROL SKILLS

#### WHAT YOU NEED

- Empty boxes
- Two balls
- Recycled materials, such as empty bottles or toilet rolls, to serve as markers



#### HOW TO PLAY



- Create a mid-line with two recycled materials. Arrange empty boxes along this line.
- Sit facing your child, with the boxes between both of you.
- Roll the balls to bump the boxes away from each other.
- The side with fewer boxes after two minutes wins!



- Challenge your child to repeat the activity standing up. Stand five big steps away from the mid-line, and do not move from your respective points during play.
- Remind your child that he can only roll his ball to push the boxes away from himself and towards you, his opponent.

#### BE AWARE

- Help your child to see that the ball must roll on the ground, whether players are sitting or standing.