

INTERNATIONAL ROLL BALL FEDERATION



**ROLL BALL COACHING MANUAL,
COACHING TIPS, TECHNIQUES AND SKILLS**



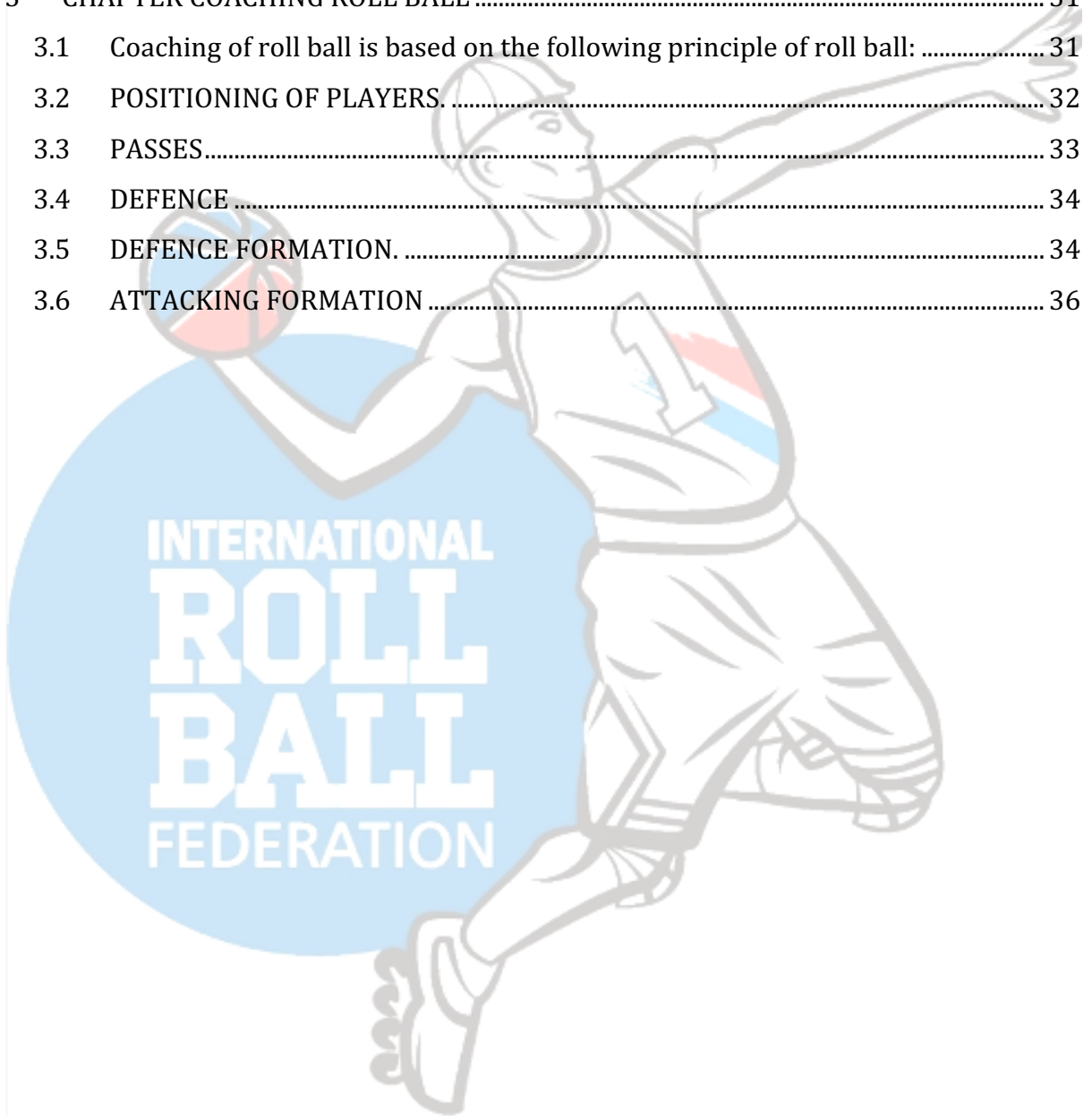
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DISCLAIMER

The International Roll Ball Federation is a company created to promote & develop this new born game (Roll Ball) of 21st Century globally and make it popular among the youth. Located in the historic sprawling city of Maharashtra State in India, the Federation has shown continuous dedication in conducting several national and international level tournaments to constantly promote the game globally. To date, more than three lakh boys and girls within India, and certain additional thousand numbers of players worldwide are playing the game.

The goal of the International Roll Ball Federation is to increase the awareness of the game within the youth and promote it in each and every city of India as well as all other countries of the world. Currently, around 50 countries are playing Roll Ball. The federation has a long term vision of getting Roll Ball incorporated in the Olympic Games through the International Olympics Committee.

For additional information regarding the International Roll Ball Federation, please visit our web site at www.rollball.org.

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MESSAGE FROM SIR RAJU DABHADE (FOUNDER OF ROLL BALL):

We started the innovative game of “Roll Ball” in 2003. Immediately after the invention of the game, it was registered and the “International Roll ball Federation” was established in 2004. Till today, we together organized many International competitions, Workshops, Continental Competitions and 5 World Championships. During our journey, several big-hearted personalities helped and guided us for making these events successful.

As the International competitions started increasing, standard and quality of game of all teams from different countries’ and continents started to improvise significantly. Further, IT and digital technology played an important role in development of our game. Due to the fast moving nature, Roll Ball proved to become more attractive, speedy and thrilling for players, coaches as well as spectators.

Many manuals/books and brochures were prepared and published regarding Roll Ball development and on several key championships conducted all over the world in different languages. This game was exhibited in different country TV shows to spread the knowledge about it among the public.

Today our Federation is working hard for developing Roll Ball globally. Each country currently playing Roll Ball has nominated its own representative to deal with the Federation and work for development of the game within their country and guide neighbouring countries, if required. This book is being published to standardize the coaching requirements and procedures, which shall form a base for all the countries globally.

In future, I am sure, this book will serve as a guide for several effective and talented coaches to identify and build potential players of Roll Ball globally. Consequently, the competition will be more thrilling and Roll Ball will spread and popularize with significant pace around the world.

(Raju Dabhade)

Founder and Secretary General,
International Roll Ball Federation



1 CHAPETER

GENERAL GUIDELINES FOR A ROLL BALL COACH

1.1 ABOUT ROLL BALL

Roll Ball is a game designed by a Sports teacher, Mr. Raju Dabhade, of Maharashtra Education Society's Bal Shikshan Mandir English Medium School from Pune. The game is a unique combination of roller skates, basketball, handball and throw ball. International Roll Ball Federation (IRBF) is an international sports body for the Sports of Roll Ball since its formation in 2003 in India. Till date, 5 World Championships have been conducted for the sport, both in men and women categories.

Roll Ball is a game played between two teams of 12 players each including substitutes, out of which six players are allowed to play on court at a time. This game is played on roller skates/Inline skates. In Roll Ball, players of both teams have to score goals in the opponent team's goal post and the team which is able to score more goals than the opponent team is declared as the winner. There are two referees in a match operating on opposite long ends of the court.

The ball can be held in either one or both hands, even during passing, dribbling and shooting. Player interaction is similar to basketball and handball, in which a player must dribble the ball continuously while carrying it. A player may dribble, pass or throw the ball with single or both hands. It is violation to skate/roll with the ball without dribbling or to deliberately kick or block the ball with any part of the leg. A player carrying the ball for more 3 seconds without dribbling is considered as a violation, leading to change in possession of ball. Accidental contact or touch with the ball with the foot or leg is not a violation. Foul rules are similar to those of association football, including the use of yellow cards and red cards. A detailed list of the rules for the game is described in the "5th Edition of Official Roll Ball Rule Book" – 2020 edition launched by International Roll Ball Federation.

1.2 CHAPTER ONE – BEING A COACH

Roll Ball coach holds a dynamic and vital position within the team or organisation. A coach represents his players, officials and supporters as the figurehead of any club/team. He must be a leader who consistently analyses, studies, plans and assesses the game as it develops while being aware of the capabilities of their Roll



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Ball clubs/teams. Roll Ball coaches must strive to bring out the best result possible for a group of players under their direction, and develop the teams along with special attention on individual players.

Roll Ball has developed to an extent that, at every level of a Club/Team, players are aware of the need to be fit, skilled and versatile to adapt in the fast growing nature of the game. Players are expected to adopt attacking and defensive roles regardless of the position of play. It is the coach's responsibility to ensure the development of these attributes to a level equivalent to the age and abilities of members of the Roll Ball clubs/teams. The increased importance of tactics to maintain possession and restrict the opposition has placed even greater emphasis on a coach's role in creating successful roll ball teams/clubs. He/she must be able to communicate well with his team members and create the correct environment for players to perform at the optimum level.

Off the field, a Roll Ball coach is also responsible for developing a culture that highlights the value and ethical behaviour, that the Roll Ball club/team would be proud to project. Coaches are significant role models in the success journey of many players; hence they need to be continually aware of their standard of behaviour and their adherence to the IRBF Coaches Code of Contact.

A coach shall play the following key roles, but not limited to, in his working schedule:

- a. **COMMUNICATOR:** Possessing the ability to provide clear instruction and feedback as well as the ability to listen to other members of the team/club.
- b. **LEADER:** Guiding and decision making ability in terms of planning and organizing Roll Ball training, workshops, match-day events and team building sessions.
- c. **MANAGER:** Assisting others by effectively controlling the affairs of the Roll Ball clubs/team to compliment the underlying philosophy /objectives of the club.
- d. **PHILOSOPHER:** Consistently demonstrating a set of shared values, beliefs and principals that provide direction and a purpose for conducting a coaching program.
- e. **PSYCHOLOGIST:** Dealing with various personalities and the mental aspects for maximizing the performance of Roll Ball athletes.



- f. **PUBLIC RELATIONS:** Representing a Roll Ball club/team by promoting goodwill.
- g. **SELECTOR:** Involved in planning stage of the selection process to shortlist and select potential Roll Ball players to represent the club.
- h. **ADHERENCE TO SAFETY NORMS:** Possessing a basic knowledge of conducting safe practices, injury prevention and the rehabilitation of the injured athletes.
- i. **ENTHUSIAST LEARNER:** Consistently focusing on upgrading his/her knowledge on Roll Ball game or the coaching process; which may also include updates of other sports activities in the world.
- j. **EFFECTIVE TEACHER:** Imparting information to players and focusing continuously on the improvement of Roll Ball skills and team tactics.

1.2.1 ABILITIES OF A SUCCESSFUL COACH.

Most of the sportsmen who choose to become a Roll Ball coach are special and important in Roll Ball fraternity. A Roll Ball coach has an golden opportunity to foster his/her player's emotional, physical development, educational and social fabrics of life. The path towards achieving success in coaching field begins with defining a philosophy to guide your efforts. Some of the important philosophies that a coach shall possess are mentioned below:

- Complete knowledge about Roll Ball game, which includes rules and regulations, coaching guidelines, court dimensions and materials, etc.
- Ability to adapt your coaching techniques as per individual athlete's needs.
- Development of your own Roll Ball training philosophy, method and skills.
- Ability to organize, communicate and motivate young players.
- Insight of recognizing abilities and strengths of each individual player
- Basic knowledge and skills of physician courses and physiotherapists.
- Knowledge on anti-doping rules and regulations
- Constantly work on unique ability to read the game of other teams in terms of their strengths, weaknesses, skills, etc.



1.2.2 DEVELOPING AN EFFECTIVE AND EFFICIENT COACHING STYLE

This brings us to the second part of roll ball coaching philosophy i.e. coaching style. One's coaching style reflects how he/ she can choose to lead and interact with club/ team members which includes Roll Ball players and officials. There are several type of coaching styles such as authoritarian, cooperative, passive, etc. Style of coaching must suit a coach's personality. However more or less, every coaching style is a somehow different combination of above mentioned three approaches.

Some of the aspects to examine coaching philosophy and decide on the coaching style to be adopted are as follows:

- a. Remember that players should be the centre of attraction. Roll ball sport was not created to glorify coaches, but to bring the best out of the players.
- b. The simple objective of coaching is to help Roll Ball players to shorten the trial-and-error process of learning and ease the trial-and-error experiences of competing.
- c. The utmost need is to focus on the skills required, an appropriate method to demonstrate to the players, and specialised drills to practice and master these skills.
- d. Credibility, creativity and technical knowledge are the most important qualities that a coach must possess.
- e. Every player deserves to be addressed and treated with dignity.
- f. Roll Ball coaching style must not isolate you from your players. You must have a forum for open communication within the team. A coach must always be willing to listen to all the club/ team players and respond by acting rather than reacting.
- g. Regardless of the coaching style, a coach needs to command his/ her athlete's attention and respect. Also, it is necessary to communicate, motivate, praise and teach discipline to all the players under his/ her command.
- h. As a roll ball coach, every decision you make should be in the interest of your players physical, psychological, emotional and social development. The philosophy advocated for this is termed as **TLC: Teaching, Learning and Competing** in which:



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- **Teaching** represents what a roll ball coach provides to his/ her Roll Ball athletes by his/ her coaching knowledge. The lessons a coach must teach include technical skills, positive attitudes and effective Roll Ball game tactics and strategies. The players must also be taught emotional self-discipline, responsibility, self-esteem and effective control on individual's game. No less important are social values such as appropriate behaviour, fair play, good sportsmanship and the importance of team work to accomplish team goals and objectives.
- **Learning** is a process by which Roll Ball athletes accept what you teach them. Learning is greatly influenced by the atmosphere created by the coach within the training environment. Effective learning requires communication, motivation, feedback, cooperation and purposeful training. A positive approach towards practice and training which emphasizes on skill development, fitness, teamwork and fun helps in ensuring positive learning experiences.
- **Competing** is the essence of Roll Ball sport. Competitive skills are essential to prosper in a society where we compete for grades, jobs and promotions to achieve success, happiness and security. Roll Ball is a sport in which athletes demonstrate both their physical and competitive skills. Coaches should portray the adventure of any competition/ championship as an opportunity for success rather than failure.

Coaches must help players learn as much as possible from their competitive experiences, analyse what they do well and what they don't do well, communicate back key observations on performance and resume training with a new agenda and a renewed determination to improve. Just because every game has only one winner doesn't mean everyone on the other team is a loser. Roll Ball competition should serve as a reference point for players to measure progress and compare their performance with other players from other clubs/countries.

Sometimes the pressure of competition can result in setting targets that are unattainable. Targets that are too high may lead to failure even when the athletes perform well. Coaches should ensure and help the athletes to set realistic targets which may vary in each competition.



1.2.3 HELPING ROLL BALL PLAYERS TO RECOGNIZE THE POTENTIAL WITHIN THEM

The ability **to teach, communicate and motivate the Roll Ball players is the art of coaching.** It is necessary to teach the players to focus on things they can control: their own performance and readiness to compete. When the players start worrying about their opponents instead of focusing on their own strengths, they limit their ability to compete with full potential. Roll Ball players who tend to worry about performance must be taught to focus on what they want to do (skill or strategy execution), instead of how they are going to do it. They should also understand that winning is sometimes sabotage by external factors beyond their control, or outright bad luck.

The coaches must create a supportive atmosphere in which the players are not discouraged for their mistakes. The players must learn from and correct their mistakes as a natural part of the learning process. Some roll ball players become so frustrated and angry at themselves when they make a mistake during competition that they lose their composure and perform far below their abilities. **Educate the players about the fact that one of the things that separate champions from average athletes is the ability to let go of a mistake quickly and refocus on how to overcome it.**

Effective communication is an important quality that a coach shall possess, which involves the explicit expression of instructions, expectations, goals, ideas and feelings. This enhances mutual understanding and is a two-way street: both coach and athlete must cooperate equally to gain synergy. As a coach, you must be credible enough to effectively communicate your knowledge with your players. To be credible, you must be completely knowledgeable and updated about Roll Ball and other sport activities within the world.

Another important component of a positive approach is **empathy**, which means being aware of the feelings and emotions of your athletes. Coaches who are empathetic listen to their athletes and try to understand what is going on in their lives outside of trainings and sessions and go beyond to provide fatherly and soberly advice.

Remember to praise deserving efforts of the players, not just the final outcomes.

Attitude is the key to success. Champions believe in themselves that they will succeed and they recognize the important role that hard work and sacrifice plays



in the quest for their excellence. A champion mainly identifies his areas of weakness and works hard to eliminate them. This type of attitude shall be taught to the players. Players should also be taught that the most important kind of success resides in their personal improvement, magnitude of effort put in, number of risks taken and willingness to achieve the best.

1.2.4 ROLL BALL COACHING CODE OF ETHICAL CONDUCT.

- Show respect towards all the players officials and other team coaches.
- Respect the integrity and judgment of your officials.
- Establish standards, and be a model for fair play, sportsmanship and proper conduct.
- Establish player's safety and welfare as your highest priority.
- Provide proper supervision of your athletes at all times.
- Use discretion while providing constructive criticism.
- Adhere to all the rules and regulations of the sport.
- Make sure all your players make use of the standard gears and equipment approved by IRBF
- Do not encourage or permit your players to use any kind of performance enhancing drugs.

1.3 PREPARING FOR A ROLL BALL PRACTICE.

1.3.1 GENERAL

Create efficient plans for team practice and implementing them in day-to-day practice sessions, which shall help in bringing in regularity in the training quality. Remember to set time needed for each phase of practice; plan activities accordingly while keeping enough buffers to compensate delays depending on specific circumstances.

Individual practice sessions should be planned. Weekly review is necessary on each single players performance growth matrix. Each session during the practice



is one block of a performance pyramid. The better each block completely fits with the others, the higher and the better the pyramid will be.

Always ensure that all equipment to be used for the practice are readily available in working condition before each day's practice session. To be precise and on point, ensure that the practice field is set with necessary equipment before the start of practice. Remember that setting up and moving equipment during the practice session can cause unnecessary delays.

During the practice drills, engage players for assisting in activities like bringing the ball back, moving the cones to different parts of the field depending on the next drill to follow. This helps the players to remain mentally and physically active all the time.

The mandatory equipment for practice includes balls, scrimmage vests (also called bibs or pennies), and cones. Use scrimmage vests to divide players into teams for scrimmages and drills. Cones and flags are normally used to divide and sub divides your practice field into areas called coaching grids. Additionally, strict rules should be imparted upon players in terms of playing kit carried by them for practice sessions. Each player shall bring his/ her own skates, knee guards and helmets.

1.3.2 ORGANIZING DAILY PRACTICE

A base guideline for daily practice sessions with stipulated time is as given below:

Emphasis	Mon	Tue	Wed	Thu	Fri	Sat	Total (min)
Warm-up	10	10	10	10	10	10	60
Technical	10	10	10	10	10	10	60
Physical	15	15	0	15	15	0	60
Individual Tactics	15	15	20	15	15	10	90
Team Tactics	20	20	30	20	20	25	135
Specific Areas for Team/Players	10	10	0	10	10	0	40
Game	15	15	25	15	15	60	145
Cool-down	5	5	5	5	5	5	30
Total mins	100	100	100	100	100	120	620



Activity	Method	Time (min)
Warm-up	Jogging/Coordination running	30 Min
Individual Technique	Passing in pairs	10 Min
Individual Technique	Shooting	15 Min
Individual Tactics	1-1,2-2	15 Min
Team tactics	5 against 5	15 Min
Game	5 against 5	25 Min
Cool down	Light Jogging & Stretching	10 Min
Total		120 Minutes

Make sure that punctuality is maintained by all players. Any warm-up can also be done outside (depending on the weather and facilities) to make the practice time as efficient as possible. The best way to explain any drill is to demonstrate it practically. It is appreciated if a coach can show it him/herself with or without use of skates. During a practice athlete should be provided with regular breaks to catch their breath and re-hydrate. During the breaks it is good to go through the main points of the drills and make sure that they have understood the objective. These breaks will also help the recovery for the next training session.

A coach should always be prepared to change the plan according to unpredictable circumstances, such as: low attendance, missing balls/ other equipment, rains, etc.

1.3.3 PRACTICE CONSIDERATIONS

The following factors must be put into consideration for a good philosophy of Roll Ball practice sessions:

- a. Estimate training depending on the athlete abilities and needs.
- b. The exercises and drills must be designed taking into consideration the strengths and weaknesses of each player and the team as a whole. Focus shall be on the activities that will ensure that the athletes can improve on their weaknesses and make use of /exploit their strengths ready for any level of championships /matches/ or tournaments.



- c. It is always difficult to pay individual attention to each player's demands during the practice sessions. Always engage players to help other players for the moves and the skills. Instruct them to watch for correct and incorrect techniques, movements and decisions when in pairs or groups. Walk around the groups to see what is going on and correct where necessary. The feedback given by each of your player is valuable in developing team unity and helps players develop a greater understanding about the game.

1.3.4 MAKE PRACTICES FUN

The only way to make practice sessions fanatic is to catch the attention of players in an enjoyable manner. Remember sometimes fun is spontaneous and at times fun results in challenges being met. Working hard consistently can be fun. Choose exercises and drills that your players enjoy. Concentrate on these exercises to lighten the load of hard work or to establish positive team attitude. Never forget to dwell on drilling, do enough to improve technique, but don't drill to the point of boredom, be precise and short in your explanations. When you train players to exhaustion, they stop concentrating on the technical goal and simply try to endure without enjoying.

1.3.5 GAME CONDITION

Roll Ball requires accuracy, speed, balance, team work and quick decision making. The ability of a player or a team as a whole to recognize situations, understand the field of play, understand the opponent within shortest time possible in terms of opponent's weaknesses and strength and make appropriate decisions are few points that distinguish champions from other teams. Create tough situations that emphasize skills and tactics likely to be encountered during a game in the practice sessions. For example, low dribbling when playing against tall players, spinning the ball when you happen to find yourself at the far corner of the D Area, skills on how to dribble while back skating. It is also important to make players understand when is the appropriate time for using such tactics/skills during a match. For example, practising 3-versus-3, 2-versus 2 and 4 versus 2 on a small field with regular goal post and a goal keeper is a great way to emphasize player movement and shooting, rather than simply shooting at the goal without opposition or movement.



Be sure to alternate exercises using different size areas of play, and change the number of touches you allow players to use in between one attack situation. For example, player can use more space and multiple touches/dribbles when settling or controlling an open field pass without opposition. However, controlling or passing the ball using one touch is a real part of attacking (quick pass/one touch pass, in most cases the ball should not be dribbled), changing positions. Less experienced and talented players will need more room and touches than more experienced players.

1.3.6 BE CREATIVE

It is very important to develop athletes at their tender age, in which they are keen to learn new things. Be willing to create or adapt drills to meet unique needs of your team. Skilled players will master drills fair quickly, so add some new twists to challenge the experienced players.

1.3.7 MAINTAINING A WIN-WIN TRADITION AMONG THE PLAYERS

There are a number of factors that determine a long period of success in a competitive championship, many of which a coach cannot control by herself or himself. One should not spend too much time worrying about changing population, demographics and mere luck. Just keep doing all the things that will build your program and team.

While one should have a basic philosophy of training, it should also be adapted to each new group of players. Make each team unique and set goals appropriate to the talents of the athletes within that team. Setting realistic goals and keeping a winning tradition will lead the team to success.

1.3.8 WARM-UP

Frequently the term warm-up is used to depict calisthenics such as jumping jacks or push-ups. A good warm-up is necessary to achieve muscle flexibility and relaxation before beginning of any practice session.

General and specific portions are the two parts of warm-up. Jogging or easy running should be included in the general portion along with muscle stretching. It is advised to start with easy moves, and gradually increase the intensity. Once



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done with the general warm up then go to the next portion of warm up known as specific warm-up; which includes skate-ball-specific, turning, feints, changes of direction, with intermittent light stretching and water breaks and mobility exercises, etc. Once the athletes have shredded some sweat and are loose, begin with the actual practice session.

For players to be ready psychologically and physically for a roll ball game, the players must warm-up well. A warm-up routine that is familiar, structured, and fun shall help players to focus on the task at hand. Roll ball is a teamwork game and thus it is necessary to include team warm-up drills helps create the technical and psychological synergy that leads to good team play.

The team warm-up should end with a few minutes for athletes to rest, reset focus and work individually with the ball. After a couple minutes, your athletes should be ready to train and play hard.

Following warm-up modules are advised to be maintained before any training session/ a match:

- a. Easy jogging for 10-12 mins
- b. Sprints – 3 to 4 times for 30-40 m distance
- c. Line drills
- d. Spot jumps
- e. Squats – 2 sets 15 reps each
- f. Push-ups – 2 sets 15 reps each

The warm-up modules should be followed by certain basic full body exercises such as:

- a. Neck rotation clockwise and anti-clockwise
- b. Hand rotations forwards and backwards
- c. Shoulder rotation forwards and backwards
- d. Hip rotation clockwise and anti-clockwise
- e. Hamstring stretches
- f. Groin stretch



1.3.9 COOL DOWN

Every roll ball training session should end with a 5–10-minutes cool-down of slow jogging or walking and further followed by 15-20 minutes of full body stretching. The purpose of the cool-down session is to gradually slow down heart rate, respiration rate and body temperature. A thorough cool-down also disperses most of the lactic acid that accumulates in the muscles during a hard workout. Not cooling down properly after intense exercise leads to stiff and painfully sore muscles on the succeeding day. Rapid body temperature cooling and pooled muscle lactate will only make the following day's work out more difficult and less productive. Failure to cool down increases chances of players being exposed to multiple injuries.

A successful training session should always be followed by stretching exercises (each of 10 counts), such as:

- a. Hamstring stretch
- b. Lying hip stretch
- c. Groin stretch
- d. Standing quad stretch
- e. Standing calf stretch
- f. Lateral stretch
- g. Shoulder, upper back and chest stretches
- h. Side neck pull
- i. Triceps stretch
- j. Wrist stretch
- k. Spinal sitting twist
- l. I-T band stretch
- m. Sitting hip stretch



1.3.10 Evaluating a Roll Ball training session.

Consider the following 13 questions as a guide for evaluating your program in a period of time:

- a. What are our goals?
- b. Are the team and the players improving and making progress?
- c. Are we organized? Are our training sessions well-planned?
- d. Is our training providing what we need?
- e. Is our program fun?
- f. Do we look and act like a team?
- g. Is each players' concern properly addressed
- h. Do we treat all our athletes respectfully?
- i. Are we fair, firm and consistent in dealing with our roll ball athletes?
- j. Are we teaching our Roll Ball players to be self-disciplined and responsibility?
- k. Are we protecting the safety and well-being of our teams/athletes?
- l. Are we providing good equipment & facilities within the training arena
- m. Are all the safety training practices maintained during the practice sessions by other coach staff and the players?



2 CHAPTER

ROLL BALL TEACHING GUIDE

2.1 LEVEL 1 OF TRAINING (BEGINNERS)

This material has been made for Roll Ball coaches at all levels to teach their players not only Roll Ball but also game sense and problem solving. Roll ball players become aware of the game situation while learning basic individual techniques. This is made possible by creating a game like learning environment and encouraging the players to use their cognitive skills.

2.1.1 Introduction

This part of the material consists of individual Roll Ball techniques and tactics. Level 1 is divided into drill 1 and drill 2, according to the progression of the skills development.

1st level -> Basic individual roll ball technique drills, simple exercises, emphasis on correct performance.

The levels are only to be used as an indicator, and it is the coach's decision when to move on to the next level, bases on the development of the players. The coach can decide whether to go through each topic level by level during one practice (with more developed players) or during one whole season (beginners). With beginners, it should be noted that the progression of each player is separate depending on one's grasping abilities. Once the basic technique is performed well, it should still be practiced during each practice session to maintain stability and reinforce the skill. Therefore, it is advised to start with level 1, even though the team has already moved on to level 2 or 3, which include advanced versions of level 1 drills and skills.

Roll Ball is a very unique game that demands excellent physical fitness and technique. Without strong technical skills, the players will not be able to score goals or defend effectively. Collecting, dribbling, passing, shooting are fundamental techniques all players must develop and progressively improve.

Receiving, or collecting, the ball is the act of bringing the ball under complete control. During every game, a player will have to control the ball at different heights, speed and angles. A player must be able to bring the ball under control



quickly in order to pass, shoot, or dribble. Good receiving skills allow a team to control the ball most of the time without turnovers. A team's ability to collect a ball under pressure is the difference between a turnover and maintaining ball possession. Your players should practice receiving, using both hands or a single hand, until they can control and play the ball with minimum effort and maximum speed and balance.

2.1.2 Passing and receiving the ball

Passing is a key skill in Roll Ball. Approximately 80% of the game involves the giving and receiving of passes. No matter how talented the dribbler is, it is nearly impossible to penetrate an offense without good passing that shakes the defence. Good passing builds team confidence and momentum. Good communication, trust on each other and mobility assist the players to pass accurately.

The most important thing to emphasize for the beginners in passing is that the objective of each pass is for the receiver to gain instant possession of the ball. Therefore, each pass should be accurate within catching range of the opposite player and the hardness should be suited depending on the situation. Technically the important things in passing and receiving are the posture/position of the hand(s), shape of your fingers (curved inward) and the grip.

The objective of passing the ball to a team mate is to utilize the open opportunities on his/her side. Since the ball travels faster than the player, coaches should teach players to pass and rotate the ball as much as possible on the field, rather than a single player keeping possession and dribbling the ball for a long time.

2.1.2.1 Types of passes:

a. Bounce pass

The ball must bounce on the floor before the pass is received/collected. The ball should be bounced at a comfortable angle and within catching range of the recipient to make it successful. The player must use reasonable amount of force while making the pass, to allow the recipient to catch it with ease. Coaches at all levels must show the players the technique behind a good bounce pass. This type of pass should mainly be practised and used for short passes, more likely if the opponent team has tall players. This pass can be made single handily or using both hands. A coach should invent his/ her unique techniques of short passing, which are further learnt by the players.



b. Overhead pass

The starting position for this type of pass is on the backward side above the head. It looks like a football free throw pass. A reasonable amount of force should be used when giving out a pass to a fellow team mate depending on the distance between the two players. This is used mostly for making long range passes; especially during rotating the ball from defence to attack in a flash of a minute. Single hand or both hands can be used in the execution of this pass.

c. Chest pass

The ball should be at the chest position before releasing the pass. The ball shall be then pushed towards the direction where the pass is to be given and the fingers should be released at appropriate time. Also depending on the distance, proportionate amount of force should be used. This pass can be used for short or long passes depending on individual's strength.

d. Side pass

The hand(s) holding the ball should swing from behind but on the side and then release(s) the ball. This pass can be used for short or long passes.

e. Between the legs pass

The ball passes through both legs before the ball is received. The player giving the pass must bend and pass the ball between both his/her legs. This pass type can be used for short and long passes but most convenient for short passes; and should be utilised with utmost attention on opposite team players as the probability of errors in such a pass is more.

2.1.2.2 All passes must be made ahead in the direction in which the recipient is moving. Receiving aerial passes demands good ball handling skill. Receiving the ball in correct position of the players' motion might open gaps in defence and create scoring chances.



2.1.3 Drills for practising Roll Ball passes

2.1.3.1 Drill 1

- a. Objective: To practice passing and receiving the ball
- b. Roll ball players are divided in pairs passing to each other in varying distances.
- c. Execution: Using all roll ball passing variations mentioned above in random order using single and both hands.
- d. Key points:
- e. A player receiving the ball should always move towards the ball while receiving a pass from a fellow team mate. The player passing the ball should ensure that the ball is passed in front of the team mate and the correct type of pass is used depending on the position of the team mate. Coaches at all levels should correct the players and guide them accordingly during the training session of this drill.

2.1.3.2 Drill 2

- a. Objective: To practice passing and receiving aerial passes; a good exercise for eye-to-eye coordination
- b. Organization: Roll ball players are divided in pairs.
- c. Execution: Pairs are passing the ball to each other aerially, giving emphasis on taking control of the ball as quickly as possible.

2.1.3.3 Drill 3

- a. Objective: To practice passing and receiving the ball while in motion on skates
- b. Organisation: Roll ball players are divided in pairs.
- c. Execution: Dribbling in the front, back and on sides after receiving a pass, taking few steps forward, then pass and taking a few steps back after passing the ball. This helps in skating mobility of the player combined with ball control.
- d. Key points: Players should stay in constant movement using quick response of hands to collect and receive the ball.



2.1.3.4 Drill 4

- a. Objective: To practice passing and receiving the ball while in motion on skates to improve on ball handling skills and player attentiveness.
- b. Organization: Players are divided into groups of at least seven players standing in a circular shape, one player standing in the middle with the ball.
- c. Execution: The player in the middle passes the ball to a player in front of him in the circle, receives it back again from him/ her and further passes it to the adjacent player and rushes to the initial player from the circle. The initial player from the circle rushes in the centre and takes the centre player position and receives ball from the second player in the circle with the ball. This drill continues until each player takes the centre position 10 times.

2.1.4 Passing fundamentals

Most of the players usually tend to play short passes rather than long ones. Most of the passes cover less than 30 yards distance and are played mostly when the players are skating close to each other. To coach and learn the art of passing, some simple facts need to be followed:

- a. If a player cannot pass the ball accurately over a short distance, then it is unlikely that the player will pass accurately over a long distance. The player needs to be given intensive training on short passes, before teaching him different types of long passes.
- b. The art of effective passing is implementing them simply, quickly and with ease. Professional players, in most of the cases practice this; however it is amateur players who gamble and face difficulties in passing.
- c. Wherever possible, the player receiving the pass should always collect it in motion. Players who simply wait for the ball often will end in the pass being intercepted. This is especially true in the defensive and middle thirds of the field.
- d. Coach shall always train the players to pass the ball in forward motion of the recipient.



Good passing is mostly a matter of good judgment on the exact position where the pass needs to be done. Although a player cannot be a good passer without good technique. Also, technique is useless, unless the player studies the field of play and makes the correct choice of pass depending on the situation. Players who dribble with their head facing downwards usually fail to foresee gaps/openings within the opponent's defence. Players must be taught to foresee and study the field of play. Players must lift their heads and observe the play around them in order to understand the opponent's game play. Being able to judge the field of play allows players to act confidently and not make risky passes.

2.1.5 Quick Passes

A perfect setup for a good goal can be achieved by instantly changing the attacking positions by making quick one-to-one passes. Quick passes require the ability to pass the ball with one touch. One-touch passing requires players to foresee the field and decide on the direction of the pass. It is necessary to screen the court before receiving the ball so that the player can see the positions of his/her team mates and identify exact positions for penetrating through the defence. Dribbling the ball for a long time before making a pass can alert the opponent and the opponent may mark the player to whom the pass was expected to be made. When there is need for a quick pass then the action should be executed immediately. Players should know that the ball travels faster than the speed of the opponent team player skating towards the recipient. Always pass the ball to the player who is in a good scoring position. It is necessary sometimes to circulate the ball within the attacking formation, before the ball is finally passed to the final recipient. This helps the player to get enough space for shooting the ball with speed and accuracy.

2.1.6 Risk Passes

When the team's attacking formation enters into the opponents side of the court near the D-line, it sometimes becomes advisable to try a difficult pass to penetrate the compact defence formation of the opponent. Attacking players need to calculate the likelihood of completing the pass and the risk involved if the pass fails. All the players must be alert and ready to fall back to the defensive positions, if the pass tends to fail.



2.1.7 Dribbling

Ideally, when a player has the possession of the ball, but does not have the clear option of a shot towards the goalpost or chance for a quick pass to a teammate, the player must be able to move with the ball across the court until a shooting or passing opportunity appears, in order to maintain possession of the ball. This is called **dribbling**. Failing to dribble the ball beyond 3 seconds time is a violation, which leads to change of the ball possession. Therefore, the players must be coached on the right techniques of dribbling.

There are basically two main types of dribbling: Low dribbling and high dribbling.

- **Low rise dribbling with both hands.**
The players dribble the ball close to the ground, with the player's body bent down.
- **High rise dribbling with single hands.**
The player dribbles the ball above the knee or waist level with a slightly bent position.

2.1.8 Shooting

The shooting techniques are the same as in passing, except that more power is utilised with the right skills, to make it a perfect score. The grip and posture should remain the same within different passing techniques. Shooting techniques should be given emphasis during early stages of a player's career, because the fact is that most of the goals scored are the product of the shot accuracy. Also, it should be made clear from the beginning, from where to shoot and what kind of a shot is the most appropriate according to the situation and the position of the player. This can only be achieved if there is a conducive environment for the player to give her/ his best with the guidance of the coach. Take your time as a coach to understand your athlete. Shooting from straight passes, both floor and aerial should be included in each practice session. Shooting instantly as soon as the pass is received, demands good passing skills, which should also be mastered. All the types of shots can be done by single hand or both hands.

There are very few chances to score during a game. Good teams exploit those chances. Shooting skills from different angles should be part of every practice session. Emphasize the development of proper shooting technique: proper hand



mechanics, accuracy, power and timing, etc. There is also an important mental aspect to shooting. A player who shoots with confidence is more likely to be convert all of his/ her attempts into goals. Players need to relax and focus while shooting.

The first step in teaching different kinds of shots is developing a good technique and composure. Begin with fundamental drills with basic straightforward shots, progressively developing towards difficult ones that involve immense amount of skills and ability to fake; under pressure from the opponent. Players should learn to be equally effective with both hands and single hand shooting.

Shooting is an attitude as well as a technique. Players must adopt a positive shooting mentality. Encourage players to shoot to score. Confidence is a key ingredient for any goal scorer. Players should take risks and shoot as much as possible, however keeping in mind any potential risk. Players must look for every opportunity to create a shot on goal. A coach must encourage them to be aggressive and anticipate potential shots in and around the penalty area. A player who consistently and aggressively shoots the ball on target, will strike fear into opponents, as well as create rebound-scoring opportunities for the teammates. Remember to coach the athletes on techniques of shooting from all angles which include but not limited to centre, last, second and from centre mark of the field.

2.1.8.1 Types of shoots:

a. Bounce shoot

This is the same as the bouncing pass, but needs a significant amount of force. The attacking player must keep in the mind the goalkeeper's position while hitting the bounce shot. Coaches shall train players to bounce the ball multiple times on the same cross marked on the court. This shall improve their accuracy and judgement of the position at which the ball is to be bounced.

b. Jump shoot

The players jumps and takes the shot, while in the air. While attempting a jump shot, if the ball is bounced at the far post away from the goalkeeper it can turn out to be one of the best shots and will mostly convert into a goal.



The players should not jump close to the defence but at least two steps away from the defence. This distance is important so as the attacking player may not cut the line (D AREA).

c. Overhead shoot

Overhead shoot is similar to an overhead pass, however in this more force is required to execute it sharply. Players can use single hand or both hands depending on the situation and positioning of the opponent's defence. Tall players can use this type of shots more frequently, having height advantage. Players can decide to bounce the ball or shoot it straight away into the goalpost, depending on the open space available within the opponent's defence.

This shoot further can be classified as:

- **Overhead both hands:** In this type of shot, the player should use both the hands to shoot the ball towards the goalpost. This shoot requires tremendous amount of power and accuracy.

- **Overhead single hand:** In this type of shot, the player should use single hands to shoot the ball into the goalpost. This shoot also requires tremendous power and accuracy to score a goal.

a. **Side shoot**

In this type of shot, the player should use both the hands. This shot requires proper body posture, in which the player has to bend down and shoot the ball either through the legs or from side of any one leg.

b. **Spin shoot**

This type of shoot has to be attempted by single hand in such a way that the ball needs to be spin before releasing. The spin can be an off spin or a leg spin, depending on the direction of the player compared to the goalpost. This type of shot has to be compulsarily bounced in order to execute the spin before entering the goalpost.



2.1.8.2 Drills for practising shoots.

a. Drill 1.

Objective: To practice dribbling and shooting.

Organisation: Players are divided in pairs, dribbling to each other in varied distances and shooting once close to the D area with a goalkeeper.

Execution: Using all dribbling techniques in random order, using only one hand or both the hands.

Key points: Head up game like position, the player receiving the ball should always move towards the ball while receiving a pass from a fellow team mate. The players with the ball must skate and dribble the ball before shooting or passing to a team mate. Coaches at all level should correct the players and guide them accordingly during the training session. Once there is an opening in the defence the attacking player **MUST** shoot.

b. Drill 2.

Objective: To practice low, high and side dribbling and then to practice all types of shoots.

Organisation: Players are divided in pairs with a ball in hand

Execution: Pairs are dribbling & passing the ball to each other, emphasis on the taking control of the ball as quickly as possible when receiving an overhead pass and dribbling 1, 2, and 3 then shoot.

Modifications: Start with bouncing shoot, then overhead shoot, underarm shoot, back shoot and finally side shoot.

Key points: Correct distance in case of bouncing shoot, enough force on the hands to take a strong shoot.

c. Drill 3.

Objective: To practice dribbling and shooting (while moving).

Organisation: One player one ball.



Execution: Dribbling forward from Centre of the field and shooting when the player approaches the 'D' area. After shooting, the player receives a ball and dribbles while back skating and shoots once the player approaches the 'D' area on the other half.

Modifications: This exercise can start with one goalkeeper then the coach can add another goalkeeper. (Two goalkeepers)

Key points: Players should stay in constant movement using quick dribbling skills and surprise shots, head up.

d. Drill 4.

Objective: To practice passing, receiving and dribbling (while moving).

To practice readiness to shoot and reaction back to defence.

Organization: Players are divided into groups of three, two players standing with 10-15 meters distance between them third player in the middle with a ball receiving a pass and shooting immediately after collecting the ball while standing between the two players. Once the player has made a shot either by single hand or both hands, the player must skate back to defence very fast.

Modifications: Drill can also be executed so that the two players have one ball each and the third player skates without a ball in front of the players with the ball. The free player receives the ball each time and shoots suddenly.

Key points: Players should stand strong in position and must be ready to catch the ball dribble and shoot and skate back to the defence.



3 CHAPTER COACHING ROLL BALL

3.1 **Coaching of roll ball is based on the following principle of roll ball:**

1. Balance on skates.
2. Speed of the players.
3. Accuracy in passing, shooting the ball by players.
4. Team work by the players.

In addition to the above principles, a player must also know how to dribble the ball because failure to this is an infringement of the rules. Skills and right attitude are also equally important.

Dribbling is an act of bouncing the ball continuously on the floor and collecting it as the player skates forward or backward.

As the players dribble the ball, they must do the following:

1. Protect the ball from opponent.
2. Easy manoeuvring.
3. Control the ball.
4. Shoot if there is any opportunity.
5. Balance on skates.

High dribbling should be informed by:

1. Looking for a space to shoot.
2. Looking for a teammate to pass the ball to.



Side and Low dribbling should be used:

1. When dodging the opponent
2. When playing against players who know how to snatch the ball or steal the ball or are tall players.

3.2 POSITIONING OF PLAYERS.

As a coach you must know the position of the players if you want them to be effective. It can be of no importance if a left-handed player without spinning skills and techniques is positioned on the field as a left winger. The player will play the position but he is not effective compared with when the same player is positioned on the right wing. These are some of the mistakes roll ball tacticians make while filling the positions on the field. As much as all players must understand how to play each position on the field but coaches must also know where each player is effective.

Let us take a look on some of the positions of play:

- Right Winger
- Left Winger
- Second left winger
- Second right winger
- Centre player.

A quality of players verses the position of play:

1. Centre players.

- a. Should be tall
- b. Good balance.
- c. Accurate passing technique.
- d. Ability to foresee gaps and players in shooting range.
- e. Good dribbler.
- f. Fast breaking ability.



g. Good in defending as well, in case of change in ball possession or miss pass in counter attacks.

2. Wing players.

- a. Creative in attack formation and firm in defence position.
- b. Strong arms and confident motion.
- c. Good fast breaker.
- d. Can give accurate passes to front line team mates.
- e. Fast in falling back to defence in case of change in ball possession.

3. Front line players.

- a. Ability to hold up position and put pressure on the attacker.
- b. Fast forward and backward movement on skates
- c. Fast motion for counter attacks.
- d. Good vision to interpret opponent team passes and intercept them

3.3 PASSES

Most of these passes have been discussed in the previous chapter.

- Open pass/ chest pass
- Bounce pass
- Overhead pass
- Rolling pass
- Dodging pass
- Flip pass.

A player must be careful during passing. This will avoid the ball being intercepted by the opponent. Players must look and confirm the position of the team mate before giving a pass. Coaches must always emphasize on this concept of accurate



passing. Coaches must train the players in such a way that they gain confidence on other team mates and can interpret their position during attacking and pass the ball accurately to them in shooting positions.

3.4 **DEFENCE**

Defence is the backbone of winning any game or championship. If players are able to defend the goals, the team gets confidence to attack freely with full motivation. Coaches must be able to build a strong defence as they prepare for tournaments, leagues, etc. Training the athletes on different defence formations will help you handle the opponent teams with ease, when competing in any Roll Ball championship.

Features of good defence line:

- Prevents penetration of opponent team players onto the D-line.
- Provoke the offence.
- Intercept the passes from opponent.
- Steal the ball from the opponents and create counter attacks
- Prevent through ball passes from the opponent.
- Block jump shots entirely/ slow down the ball speed before reaching the goal keeper.
- Control the shooting distance.
- Stop the movement/ pathway of the opponent's attack.

3.5 **DEFENCE FORMATION.**

1. Five Zero (5/0)

All players remain on the D Area in a single curved line.

2. Four one (4/1)

One player playing in front (guard player); the other four players on zero position along the D-line area in a single curved line. The guard player must be responsible for:

- Must be good on skates with swift forward and backward movements.
- Must be ready to go for a fast break attack.



- Must be able to block shots from attacking players.
- Must be able to defend by zoning.
- Must be able to put pressure on the opponent's attackers and try to intercept the ball

Coach must always ensure that short players with good skating skills play this role within the team.

3. Two Three (2/3)

The formation is suitable when playing against:

- Tall opponent players.
- Excellent long range shooting skills.
- Weak goal keeper of your team
- When the opponent players are using jump shots.

The three players must:

- Must be good on skates and excellent balancing skills.
- Must be ready to go for a fast break counter attack.
- Must be able to block long range shoots from attacking players.
- Must be able to defend by zoning.

4. Three Two (3/2)

The formation is appropriate when playing against:

- If your team has tall player to defend shots at centre
- If your goalkeeper is strong enough to block long range shots and prevent goals from wings
- If the opponent team has tall shooters with excellent defence penetration skills.



- If your front line players are good defenders and can go for fast break.

5. Inverted V shaped Defence.

The defence formation is suitable when:

- The opponent are attacking from second position players and centre player.
- When your team is defending with three players where the opponent has the ball.

6. Man-marking defence.

The defence system is appropriate when: -

- The opponent players are slow skaters and poor ball dribblers.
- Opponent team has poor passing skills.
- The opponent players are not confident in passing and running the ball.

3.6 ATTACKING FORMATION

The formation your team takes on the attack will either open the defence exposing the goal keeper hence a team can shoot to score or bring the defence together denying your team an opportunity to score.

Attacking formations can be customised depending on the player's skills and abilities and opponent team's defence formation and playing technique.

CONCLUSION

The manual primarily aimed at assisting Roll Ball coaches to train the players with effective technical skills and techniques. The emphasis is on bringing out the optimal and best performance in each player and to improve their ability to read the game. But above all, the most important thing is to encourage the Roll Ball players to excel themselves through achievement and good performance and spread the enthusiasm towards the game itself.