

TREND TASK



Circuit Ball

Approach: Open space

Focus: Coordination and ball control.

Resources: Fabric and plastic ladder (4m long), large ball, small ball, Kiwisport hockey stick, 4 bibs.

Level: Year 4 and year 8

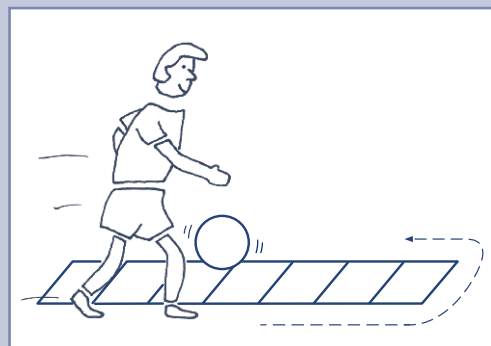
Questions/instructions:

Start at the mark.

3 laps - as fast as you can go.

Stay close to the ladder.

1. **Hand roll** the large ball around the ladder.
2. **Foot dribble** the large ball around the ladder.
3. **Bat dribble** the small ball around the ladder.



1. Hand roll –

		% responses	
		2002 ('98)	2002 ('98)
		year 4	year 8
Accuracy/control:	always	24 (17)	42 (42)
	mostly	46 (54)	46 (39)
	sometimes	28 (29)	11 (17)
	little control	2 (0)	1 (2)
Time taken:	up to 20 sec	2 (2)	18 (17)
	20 to 25 sec	16 (16)	35 (38)
	25 to 30 sec	33 (28)	28 (27)
	30 to 35 sec	26 (30)	13 (9)
	35 to 40 sec	15 (16)	5 (7)
	more than 40 sec	9 (8)	1 (2)

2. Foot dribble –

		% responses	
		2002 ('98)	2002 ('98)
		year 4	year 8
Accuracy/control:	always	3 (1)	6 (6)
	mostly	17 (13)	31 (30)
	sometimes	60 (58)	54 (52)
	little control	20 (28)	9 (12)
Time taken:	up to 20 sec	0 (0)	2 (1)
	20 to 25 sec	3 (4)	16 (16)
	25 to 30 sec	10 (9)	26 (20)
	30 to 35 sec	18 (8)	22 (25)
	35 to 40 sec	20 (21)	16 (21)
	more than 40 sec	49 (58)	18 (17)

3. Bat dribble –

		% responses	
		2002 ('98)	2002 ('98)
		year 4	year 8
Accuracy/control:	always	5 (4)	32 (26)
	mostly	30 (24)	45 (50)
	sometimes	54 (62)	22 (22)
	little control	11 (10)	1 (2)
Time taken:	up to 20 sec	1 (4)	14 (16)
	20 to 25 sec	7 (8)	24 (36)
	25 to 30 sec	15 (15)	27 (22)
	30 to 35 sec	22 (16)	17 (10)
	35 to 40 sec	20 (14)	11 (7)
	more than 40 sec	35 (43)	7 (9)

		% responses	
		2002 ('98)	2002 ('98)
		year 4	year 8
Total score:	20-24	1 (0)	12 (10)
	15-19	8 (11)	39 (44)
	10-14	34 (26)	34 (30)
	5-9	44 (50)	14 (10)
	0-4	13 (13)	1 (2)

Commentary:

Students found hand rolling easiest, hockey dribbling somewhat harder, and soccer dribbling hardest of all. The largest gap between year 4 and year 8 occurred with hockey dribbling. There was very little change, at either year level, between 1998 and 2002.