

The Roll



Right foot forward
beside opponents
left shoulder, ball on
the left



Engage in Side to
Side charge



Place left foot on
the ground, switch
ball to right side



Accelerate away

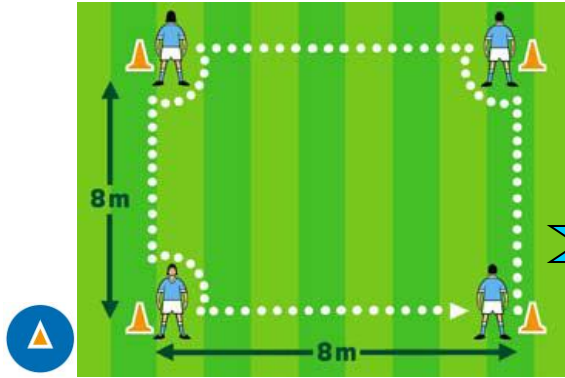
- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

- Look out for:
- Using a bounce going into the Roll
 - Planting the 'wrong' foot
 - Rolling across the front
 - Not protecting the ball

The Roll is an evasion technique used in Gaelic Football when the player in possession goes into contact with an opponent. To perform the technique the player in possession uses the contact to roll away from the opponent and change direction.

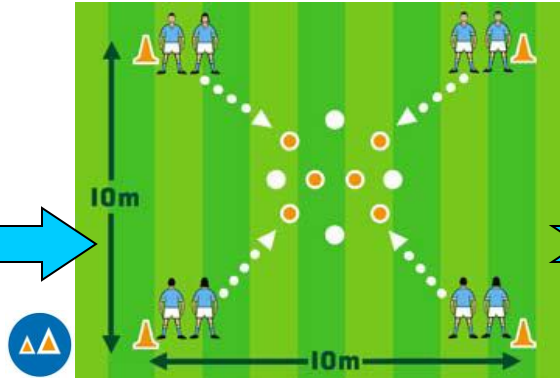
The Roll

Practice the Technique



Grid Roll

Players in turn move around the grid and practice the Roll technique



Dancing Feet

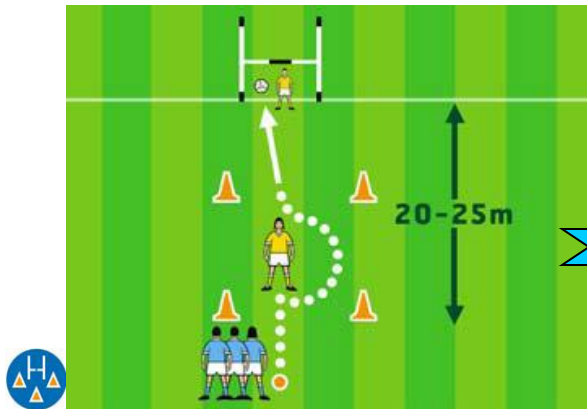
One from each pair run to the centre and perform the Roll at each marker



Tackle Bag Roll

Players in turn jog through the formation performing the Roll at each tackle bag

Develop the Skill



Roll and Shoot

Attackers use the Roll to get past the defender and then shoot for a score



2v2

Attackers must perform the Roll in the grid before shooting

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill