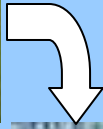


# 18. The Roll



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

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.

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

