

Strand unit: Sending, receiving and travelling

Ball handling skills using beanbags

A. Individual Activities:

Pass the bag from hand to hand, through the legs, around the back/neck/waist/legs, over the shoulder to the hand behind the back, passing under the knees while sitting.

Balance the bag on the palm, the back of the hand, the back of the neck, the shoulder, head, forehead, thigh, top of foot, chest. Walk forward/backwards/sideways.

Hop 3/4/5 times without losing the bean bag. Sit down and stand up.

Trap the bag between hand and chest/hip/knee.

Between wrists, elbows, knees, ankles.

Repeat all of the above while walking, jogging, running.

Underarm throw/catch Throw with one hand, catch with two hands, making a cradle with the hands, wrists touching, to catch.

Challenge:

Throw high, throw low, throw and clap before catching, throw and touch a part of your body before catching, throw and jump to catch, how low can you catch, throw ahead a little and move to catch.

Question: What do you need to do in order to achieve the challenges? (Throw higher, keep looking at the beanbag)

Repeat all of the above with a one handed catch - throw with one hand, catch with the same hand – right and left hands

Throw with one hand and catch with the other.

-Throw the beanbag up and catch on the knee, foot, back, arm.

B. Pair Activities: Throughout these activities, remind the children to make sure their partner is ready to receive before sending the beanbag, to keep looking at the beanbag and to have their hands ready to receive.

Throw/catch using one beanbag

- o Throw with one hand, catch with two
- o Throw with right hand, partner catches with left
- o Throw with left, partner catches with right
- o Throw diagonally i.e throw with right, partner catches with right

Repeat using left hands

Increase/decrease the distance as required to facilitate those having difficulty or to challenge more skilful children

- o Throw slightly to the side of your partner

Receiver signals where they would like to receive- high/low/to the side

- o Use two beanbags simultaneously.

Challenge

(a) How many passes can you make in e.g. 10 seconds?

(b) Can you beat your own score? Discuss with your partner how you could improve.

Question: If your partner has difficulty catching, what is the clever thing to do? (Move closer)

Target- throw

Beside/between your partner's feet

Place the space markers half way between partners and use them as targets .On a given signal one side of the room throws, repeat with the other side. All await signal to retrieve bags for safety.

Game: Frozen Bean Bag (to foster cooperation)

Each child has a beanbag on her/his head. They move as quickly as possible around the room. Hands must not touch the beanbag. If the bag falls off they must stay in that position until a 'Friend' comes to help by picking up the beanbag and replacing it.

Variation: This can also be played as a team game. Give out equal numbers of each coloured beanbag. Reds pick up for the red team, blues for the blue team etc. The winning team is the one with the least beanbags on the ground when the whistle blows.

BALL HANDLING SKILLS USING LARGE BALLS

Rolling

Sit on the floor and roll the ball to your partner using both hands

On bended knee, roll the ball to your partner using one hand.

Step forward with the left foot and roll the ball with your right hand – or

Step forward with the right foot and roll the ball with your left hand.

Make a “gate” with the two markers, how many rolls can you make in 10 seconds?

Throw and Catch

Experiment with throwing and catching the ball to each other. How many ways can you find to send and receive the ball, using only the hands? Remind the child receiving to have their hands ready to catch and to

keep looking at the ball.

Increase/ decrease the distance between the pairs as required.

- o Can they throw and catch 8/9/10 times in a row?
- o Can they improve on their own score? (Allow time for discussion)

Fist pass (Gaelic Football)

Ball sits on one hand, at waist level

Strike the ball with closed fist of the other hand

Chest pass (Basketball)

‘w’ grip

Step into the pass

Extend the arms and flick the fingers on release.

Bounce pass (Basketball)

‘w’ grip

Step into the pass

Hold the ball at chest level. Extend arms and flick on release

Bounce should be low, bouncing close to the receiver (roughly $\frac{3}{4}$ way)

Overhead pass (Soccer/ Basketball)

Two handed throw from above head height. Step into the pass.

Javelin pass (Olympic Handball)

One handed throw from side of head.

Travelling/Dribbling

In turn dribble the ball towards/ round partner and back. Vary the passes when sending the ball back to partner.

Fingers spread.

Keep hand cupped. Don't slap the ball. Push down with the pads of the fingers. Keep the ball to the side of the body. Keep the ball at waist height or below.

C. Group Activities:

Over and Under:

Players line up in teams of 5/6. The ball is passed over the first person's head, under the next person's legs, and repeated until it reaches the last person who runs with the ball to the front of the line, to begin the

process again. The winning team, should you decide to race it, is the one with the original leader back in front first holding the ball high above their head.

Variations:

1. Instead of passing the ball over and under, using both hands the first person swings around and passes the ball to the right, the next person passes to left, and the game continues as above.

2. Tunnel Ball:

Line up as above, making a "tunnel" with legs. The ball is passed over each person's head in turn. The person at the end of the line rolls the ball up the tunnel and runs to the front to retrieve the ball, and begins the process again. Continue as before until the original Leader is back in front.

Pass and Duck:

Players line up in teams. Leader faces team. When a signal is given he/she passes to first in the line. Player passes back and ducks down. This continues until line is finished.

Leader leaves ball on the ground and runs to join end of line. Next person is passer.

The first leader to reach the front again is the winner.

Out in Front:

One player, leader, faces 3 or 4 other players and passes the ball along the line moving to face each new partner. When finished he/she holds the ball up.

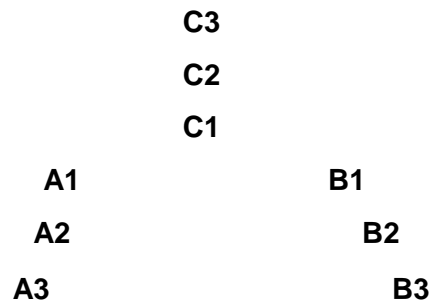
Progression: Each player in turn becomes a leader. The leader decides which type of pass to use. Each leader must use a different pass. When finished i.e. when original leader is back in front, he/she holds the ball up.

Pass and follow:

Teams line up with 2/3 people in line behind each other facing another 2/3. Pass and move to the end of the opposite line

Three Headed Monster:

Players line up in stations A B C.



Pass right/move right

Pass left/move left

Pass right/move left

Pass left/move right

Free Spot: Groups of four - using five hoops/discs/markers reasonably well spaced – Stand on/at a marker. Pass and move to the free spot.

Strand Unit: Creating and Playing Games

Building small sided activities to develop awareness of space and movement, developing from possession to invasion games introducing attack/defence. For all of the following activities, apply the same rules

- no contact
- no dribbling
- no travelling with the ball

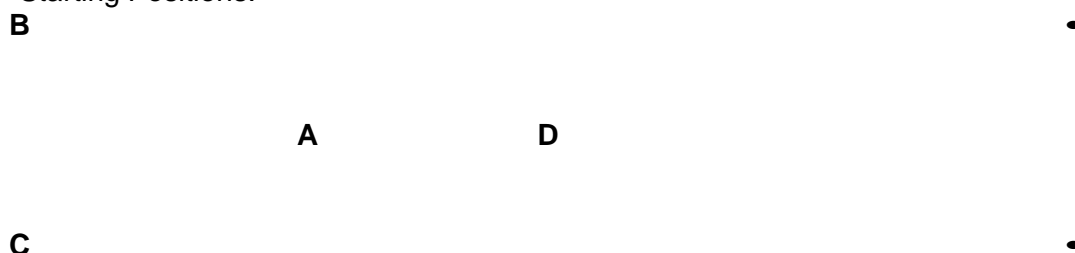
Games for Success

Pig in the Middle: 3V1

The ratio of attackers to defence i.e. 3v1 places the emphasis on ensuring success. How many passes before the defender can intercept? Change the defender after every 6 passes, or after 2 interceptions, whichever comes first.

Progression: Touchdown 3V1

Starting Positions:



Place children in the formation shown above. The ball starts with A. D is the defender.

The children's task is to move the ball up the area and place it between the two cones. The defender cannot hit/touch/push players i.e. non contact. Ball must be placed not thrown between the markers. Give initial instruction "A passes to B" Allow children to think about what they must do next to progress the ball. Continue to encourage the children

not to run with the ball and to move ahead into space to receive. The ratio of attackers to defence i.e. 3v1 places the emphasis on ensuring success. The person who scores becomes the defender.

Pass Possession Game: 3 V 1

Continue to encourage the children not to run with the ball, to move ahead into space to receive, to vary the passes and to ensure the receiver is ready before sending the ball. Introduce a rule that you cannot pass back to the person who passed to you.

The team takes possession of the ball in the grid. They pass the ball among themselves. After 4/ 5 consecutive passes they put the ball on the ground thus scoring a "Touchdown". The defender tries to intercept the ball. After either 2 scores or 2 interceptions, change the defender.

Note: The progression from these activities is to introduce the same games in a 4V2 format

Small-sided Games

Keep Ball: 4V4

Team A takes possession of the ball in the grid. They pass the ball among themselves. After 4/5 consecutive passes they put the ball on the ground- "Touchdown", and team B takes possession. If team B intercepts the ball before the required number of passes, they begin to pass among themselves to score a "Touchdown"

Line Ball: A passing game where players pass the ball to a team-mate standing behind a line. The ball has to be caught cleanly by the child behind the line to count as a score.

Confine the children to passing only (no dribbling) to promote teamwork.

Divide into teams of 4/5, wear braids/bibs

Indicate direction of play with one child from each team standing behind

the line.

Throw-in to begin the game: a player from each team contests the ball but may only strike it (not catch it)

Throw-in from in front of the line when the ball goes behind the line taken by defending team i.e. not person on the line

The catcher may move up and down the line

After a score the scorer switches places with the person the line, leaves the ball on the ground for a member of the opposing team to take the throw out

Simpletactics: look ahead, pass ahead, move ahead, spread out.

Progression: **Bench Ball**

The game is played as above with the receiver standing on a bench to receive.

Variation:

Instead of standing on a bench, the receiver may hold a hoop, through which the ball must be passed in order to score. Again, it is important to allow the scorer to switch places with the receiver.

