








STRIKING WITH THE HAND

Ag bualadh le lámh



Target Pupil								Comments	
Keep eyes on the ball.		Head							
Lean slightly forward at the waist			Trunk						
Keep the ball below the waist and when moving, bounce the ball slightly forward in front of the body		Legs							
Knees bent and feet a comfortable distance apart			Arms						
Fingers are spread open but relaxed		Arms							
Push the ball downwards with the fingers while also controlling the movement with the wrist				Arms					
Follow through when bouncing and pull the hand back as a cushion as the ball rebounds. Don't slap!									

Hints	What instructions should I give? Begin at this cone. Bounce/Dribble the ball until you get to the next cone.	From where should I observe this skill? The side or the front.	What equipment do I need? Cones, whistle, basketball.