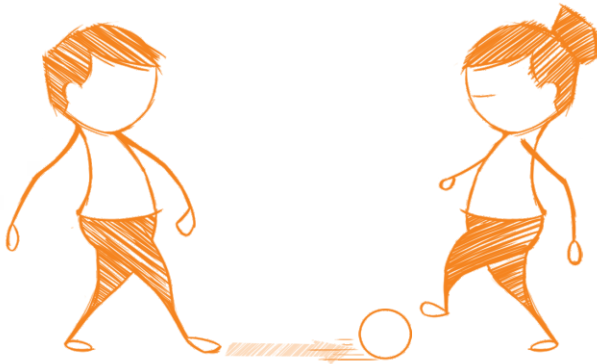


Description of Activity

Arrange pupils in pairs and give one ball to each pair. Pupils stand at a cone opposite one another, three to five metres apart. Pupil A begins with the ball and slowly moves the ball back and forth between their feet four times on the spot before gently kicking it to their partner. Pupil B receives the pass then repeats the action. The pupils progress to attempting to carry out the activity while walking towards their partner, before running back to their cone to receive their partners' pass.



Variations

- Alter the manipulative skill being used in the activity e.g. throwing or striking with the hand.
- Increase the number of pupils and balls in each group. Give each group four cones and invite them to set up a square in the playing area. Pupils with the ball now move the ball around the area and each time they meet a fellow pupil they should high-five them and exchange the ball.

Equipment

An open playing area, large balls, cones



- Encourage pupils to use alternate feet to kick the ball to their partner.
- Ensure pupils exercise caution when moving around the space, by looking forwards in the direction they are travelling.



- At home, practise kicking a ball against a wall. After it hits off the wall, practise stopping the ball as quickly as you can by placing your foot on top of the ball (trapping).



- i mbeirteanna • an liathróid a bhogadh • ag siúl i dtreo a bpairtnéir • liathróid a stopadh