



Description of Activity

Arrange the pupils in pairs and invite them to line up at a cone facing each other two metres apart. Pupil A stands with the non-kicking leg forward and balances the football on outstretched arms. Pupil A gently allows the ball to roll down along and off their arms and kicks the ball after it drops to the ground. Allow the football to bounce once. A clean kick is awarded one point. Pupil B retrieves the ball and repeats the action back to their partner. Continue playing up to a target score.



Variations

- Increase the space between the pupils from two metres to five metres.
- Encourage pupils to kick the ball before it touches the ground.
- Consider using balloons or beach ball if pupils are finding it difficult to time the kick.
- Increase or decrease the size of the ball.
- Instead of rolling the ball along the arms, drop the ball from the hands (both hands or the same-side hand as the kicking leg).

Equipment

Hard indoor or outdoor surface area, mini footballs (size 4), cones



- Pupils should be encouraged to develop a smooth kicking style rather than kicking as hard as possible.
- Highlight the importance of swinging the kicking leg through to ensure the ball travels straight through to their partner.
- Ensure pupils are not kicking towards or across the path of other pupils.



- Practise this game at home with a rolled up pair of socks or a small ball. Ask a family member to play with you.



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