



## Description of Activity

Arrange pupils in pairs with one ball per pair. Each pupil stands on a spot marker facing their partner who is also standing on a spot marker ten metres away. Pupil A begins by kicking the ball to their partner, keeping it low along the ground. Pupil B bends down and collects the ball with their hands, before placing it back on the ground and returning the kick. Repeat the kicking action between pupils back and forth for a set amount of time.



## Variations

- Vary the distance between pupils.
- Encourage pupils to vary the kicking leg each time.
- After retrieving the ball with their hands, pupils now drop the ball to the floor and kick it onwards along the ground to their partner, to develop the skill of kicking out of the hands.

## Equipment

A hard playing surface, mini footballs (size 4), cones, spot markers



- **Pause the activity at intervals to focus on the specific teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individuals while they perform the kicking activity.**



- **Practise kicking a ball at lunchtime with your friends.**



- **liathróid idir bheirt • ag féachaint ar a bpairtnéir • pas a thabhairt • crom síos**
- **liathróid a scuabadh ón dtalamh**