



Description of Activity

Give each pupil a cone and ask them to position it one metre from away from the boundary wall. Ensure there is at least two metres of space between the pupils either side. Give each pupil a football and invite them to stand side on to the wall at their cone with their left shoulder pointing towards the wall. Invite the pupils to drop the ball from their left hand, allow it to bounce once, and use their right hand to strike the ball across their body against the wall, catching it as it returns. After a designated amount of time, invite pupils to turn to face the opposite shoulder towards the wall, and to drop the ball from their right hand and strike with the left.

Encourage pupils to change their stance to catch the ball face on and then reset before the next striking attempt. As pupils become familiar with the action invite them to strike the ball as it returns from the wall rather than catching it.



Variations

- Arrange the pupils in pairs, striking towards each other instead of a wall.
- Vary the ball used e.g. beach ball, balloon or light bouncy ball.
- Increase the distance between the pupil and the wall.

Equipment

An indoor or outdoor hard surface area with boundary walls, mini footballs (size 4)



- Encourage pupils to strike through the ball rather than down into the ground, utilising a sweeping follow-through.
- Pause the activity at intervals to focus on the specific teaching points for striking with the hand in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individuals while they perform the striking action during the activity.



- Draw a picture of a game that involves striking with the hand in your PE journal.



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