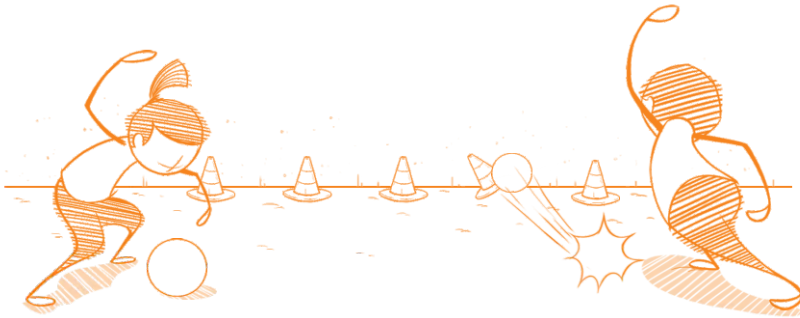


## Description of Activity

Place a line of cones, water bottles or other suitable items along a wall (for pupils to knock down with the balls). Arrange the pupils in groups of four. Each group are given a football and position themselves behind a cone four metres away from the wall. Pupils take turns striking the ball with the hand towards to wall in an attempt to knock over an object. After a pupil has taken their turn, they run to retrieve the football and pass it back to next pupil in the line. If they successfully knock an object they can bring it back to their team.



## Variations

- Practise using both left and right hands.
- Increase or decrease the distance between the groups and the wall.
- Award points for different types of target cones.

## Equipment

An indoor or outdoor hard surface area with boundary walls, mini footballs (size four), cones, bottles or skittles.



- For safety purposes ensure that all groups strike at the same time and all groups retrieve their ball at the same time. The cones at the wall should be lined up tightly to ensure early successful strikes.
- Encourage pupils to place the ball down on retrieval for their partners.
- Encourage pupils to strike through the ball in a downwards direction, utilising a sweeping follow through.



- Collect empty bottles at home for a couple of weeks. When you have enough, play this game with your family.



cóin • liathróid a bhualadh • gualainn saor i dtreo an falla • bailítear na cóin a leagtar