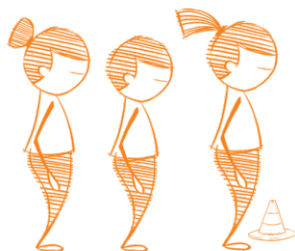


Description of Activity

Arrange the pupils in small groups, with each group lining up behind a cone at one end of the playing area. Give each group one ball. The first pupil in each group dribbles the ball halfway up the playing area and then dribbles back, handing the ball to the next player. The pupils are tasked with completing a variety of dribbling techniques in a non competitive environment as follows:

- right hand up, left hand back
- right hand to left hand dribble - 'crossovers'
- through the legs
- at different levels - high, middle, low.
- backwards, forwards, sideways.



Variations

- Pupils can choose how to pass the ball to the next pupil in their group on their return (high, low or bounce pass).
- Vary the locomotor skill used to move in the playing area, e.g. walk, run, skip etc.
- Vary the ball used, e.g. small bouncy ball, tennis ball, football, plastic ball etc.

Equipment

An indoor or outdoor hard surface area, balls, cones



- Ensure groups are evenly spaced. Set a cone out in the centre of the playing area for each pupil to dribble towards.
- 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 individual pupils while they perform the striking action during the activity.



- In your PE journal, draw a picture of you dribbling the ball.



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