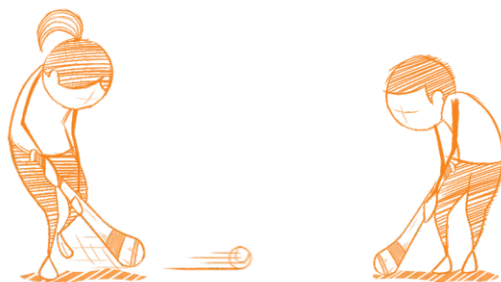




Description of Activity

Arrange pupils in pairs with one unihoc stick each and a ball between them. Invite pupil A to line up along the outer edge of the playing area, and pupil B to stand opposite facing them, three metres apart. Pupil A uses the unihoc stick to gently push the ball to pupil B along the ground. Pupil B attempts to control it with their unihoc stick before returning the pass. After a number of times practising in this way, invite pupils to increase the force or speed of the pass.



Variations

- Pupils take turns to throw or bounce the ball to their partner, who controls it and returns it with a pass. This option is useful if the number of unihoc sticks is limited.
- Vary the implement used to strike the ball, e.g. hurley, tennis racket etc.
- Vary the size of the ball, or use a beanbag.
- Increase or decrease the distance between each pupil.

Equipment

An indoor or outdoor hard surface area, unihoc sticks, balls of various sizes, beanbags



- **Pause the activity at intervals to allow pupils to rest and stretch. Trap the ball underfoot, and reach the unihoc stick outwards in front of the body, then upwards over the head for a count of five.**
- **Pause the activity at intervals to focus on the specific teaching points for striking with an implement 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.**



- **Practise this at home by using an implement to roll a ball against a wall.**



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