

Description of Activity

Arrange the pupils in pairs and give each pair a ball, a unihoc stick and a spot marker. Invite pairs to spread out along the boundary wall and to place their spot marker one metre away from the boundary wall. Pupil A holds the unihoc stick and begins in a kneeling position on the spot facing onto the wall. Pupil B hands the ball to pupil A, who places the ball on the ground and strikes the ball against the wall using the stick. Pupil B then returns it to pupil A, who repeats the action five times. Pupils swap roles and repeat the activity.



Variations

- Increase the distance between the spot and the wall from one metre up to five metres.
- Instead of pupil B retrieving the ball each time, pupil A is encouraged to stop the ball on the rebound and strike it back against the wall five times before swapping roles, or to strike it continuously without stopping it.
- Vary the implement used to strike the ball, e.g. hurley, tennis racket, hockey stick, bat etc.
- Vary the size of the ball, or use a beanbag.
- Practise striking from a standing position on the spot

Equipment

An indoor or outdoor hard surface area with boundary walls, unihoc sticks (or other striking implements), balls of various sizes, beanbags, spot markers



- **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 striking a ball against a wall with an implement. Ask a grown-up to count how many times you can do this without stopping it or losing control of it.**



ag imirt ina naonair/i mbeirteanna • ar na glúine • scór a choiméad • liathróid a stopadh • go leanúnach