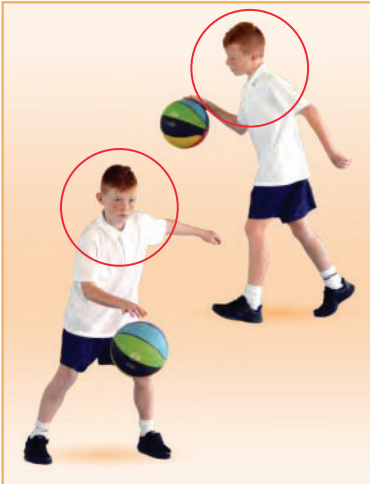


# TEACHING POINTS FOR STRIKING WITH THE HAND



Keep eyes on (and in time over) the ball



Knees bent and feet a comfortable distance apart



Lean slightly forward at the waist



Fingers are spread open but relaxed

# TEACHING POINTS FOR STRIKING WITH THE HAND



Push the ball downwards with the fingers while also controlling the movement with the wrist



Follow through when bouncing and pull the hand back as the ball rebounds in a cushioning action (no slapping action)



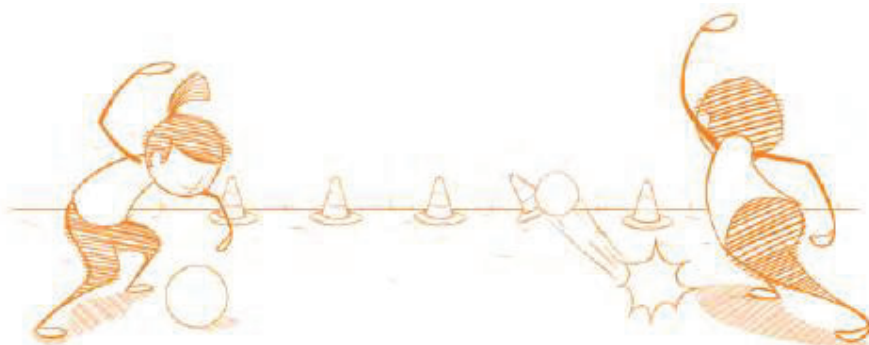
Keep the ball below waist height



When on the move (dribbling), bounce the ball slightly forward in front of the body

# EXTERNAL CUES

## STRIKING WITH THE HAND



Teaching Point	External Cue
Keep eyes on (and in time over) the ball	<b>Find the star beyond the ball</b>
Knees bent and feet a comfortable distance apart	<b>Stand softly either side of the line</b>
Lean slightly forward at the waist	<b>Lean towards the ball</b>
Fingers are spread open but relaxed	<b>Hands open like a fan</b>
Push the ball downwards with the fingers while also controlling the movement with the wrist	<b>The ball is a yoyo</b>
Follow through when bouncing and pull the hand back as the ball rebounds in a cushioning action (no slapping action)	<b>Your hand follows the yoyo (up and down)</b>
Keep the ball below waist height	<b>Ball stays below your belt</b>
When on the move (dribbling), bounce the ball slightly forward in front of the body	<b>Keep the ball in front of you on your path</b>



## Introducing the skill of striking with the hand

Try to bounce a ball continuously...	Effective questions
<ul style="list-style-type: none"> <li>• on the spot</li> </ul>	
<ul style="list-style-type: none"> <li>• using your left hand/right hand</li> </ul>	<i>What is the difference?</i>
<ul style="list-style-type: none"> <li>• over the height of your head</li> </ul>	<i>What can you do to control the ball easier?</i>
<ul style="list-style-type: none"> <li>• below the height of your knee</li> </ul>	
<ul style="list-style-type: none"> <li>• alternating from one hand to another</li> </ul>	
<ul style="list-style-type: none"> <li>• around your body</li> </ul>	<i>Why should we practise the skill?</i>
<ul style="list-style-type: none"> <li>• while sitting down then standing back up</li> </ul>	
<ul style="list-style-type: none"> <li>• between your legs</li> </ul>	
<ul style="list-style-type: none"> <li>• while walking/jogging/running</li> </ul>	<i>How does walking affect the bounce?</i>
<ul style="list-style-type: none"> <li>• alternating one hand to another while moving</li> </ul>	
<ul style="list-style-type: none"> <li>• in a small space shared with others</li> </ul>	<i>What happens when others are introduced?</i>
<ul style="list-style-type: none"> <li>• while not looking at the ball at all standing and on the move</li> </ul>	
<ul style="list-style-type: none"> <li>• to the beat of music</li> </ul>	
<ul style="list-style-type: none"> <li>• using all the correct technique outlined</li> </ul>	<i>Let's put it all together!</i>



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

# TEACHER OBSERVATION

## Common errors and feedback

Common Errors <i>Éarráid Choitianta</i>	Feedback <i>Aiseolas</i>
Slapping the ball	Open and relax your fingers, cushion the ball
Ball bouncing at inconsistent heights	Keep the ball just under your hip height. The trunk of your body should only have a slight bend, don't bend further
Pupil not looking where they are going when dribbling	Practise getting your head up and surveying your surroundings
Standing upright with legs and trunk straight	Bend your knees and slightly bend your waist. This allows for easy change in your direction
Bouncing action slowing down movement when dribbling	Bounce the ball out in front of your body, the faster you run, the further from your body the ball should be bounced

## Striking with the hand Rubric

	Exploring	Developing	Mastering
Eyes	<ul style="list-style-type: none"> <li>Eyes are on the ball only</li> </ul>	<ul style="list-style-type: none"> <li>Eyes are on the ball only</li> </ul>	<ul style="list-style-type: none"> <li>Eyes can comfortably move from the ball to look up over the ball and assess surroundings</li> </ul>
Hands	<ul style="list-style-type: none"> <li>Bouncing the ball with both hands.</li> <li>Fingers are stiff &amp; close together</li> </ul>	<ul style="list-style-type: none"> <li>Bouncing with one hand showing good control when stationary</li> </ul>	<ul style="list-style-type: none"> <li>Relaxed fingers, wrist and arm</li> </ul>
Bounce	<ul style="list-style-type: none"> <li>Height of the bounce will vary greatly</li> <li>Bounce tends to be a slapping action</li> </ul>	<ul style="list-style-type: none"> <li>Slapping action still evident and eyes are focused on the ball</li> <li>Bouncing on the move (dribble), however control and height of the bounce is inconsistent</li> </ul>	<ul style="list-style-type: none"> <li>Bouncing action is smooth.</li> <li>No slapping action evident</li> </ul>

# IDENTIFYING THE STAGES OF DEVELOPMENT

## Exploring Stage

### *Tréimhse taisceálaíochta*



At this stage, pupils experiment with striking different sized light weight balls with their hands. The main focus is to make good contact with the ball and build upon this. Characteristics of striking with the hand at the exploring stage:

- bouncing the ball with both hands
- fingers are stiff and close together
- height of the bounce will vary greatly
- bounce tends to be a slapping action.

## Developing stage

### *Tréimhse forbraíochta*



At this stage, pupils have far more control of the ball during the bouncing action. Pupils begin to move with the bounce, controlling the direction and force applied. Mini activities and game setting alone and with a partner are important at this stage to build proficiency. Characteristics of striking with the hand at the developing stage:

- bouncing with one hand showing good control when stationary
- slapping action still evident and eyes are focused on the ball
- bouncing on the move (dribble), however control and height of the bounce is inconsistent.

## Mastering stage

### *Tréimhse Máistrithe*



At this stage, pupils successfully execute the stationary bounce and dribble in unpredictable and game like scenarios with others. There is a distinct ability to track the movement of the ball and obvious hand-eye coordination.

Characteristics of striking with the hand at the mastering stage:

- eyes can comfortably move from the ball to look up over the ball and assess surroundings
- bouncing action is smooth, using relaxed fingers, wrist and arm, with no slapping action evident.