

TEACHING POINTS FOR STRIKING WITH AN IMPLEMENT



Stand side on to the target



Eyes should be focused on the ball throughout the striking action



Hands should be together at the base of the implement with the hand at the end matching the front foot



Feet shoulder width apart, knees slightly bent with weight on the back foot in the preparation phase

TEACHING POINTS FOR STRIKING WITH AN IMPLEMENT



Step forward with the front foot, rotating hips and shoulder during the striking action



Follow through the ball and around the body



Arms should be extended fully at the point of contact with the ball

EXTERNAL CUES

STRIKING WITH AN IMPLEMENT



Teaching Point	External Cue
Stand side on to the target	Beam a laser from your pocket towards the target
Eyes should be focused on the ball throughout the striking action	Look for a name or logo on the ball
Hands should be together at the base of the implement with the hand at the end matching the front foot	Hold the sword
Feet shoulder width apart, knees slightly bent with weight on the back foot in the preparation phase	Lean away from the target like the tower of Pisa
Step forward with the front foot, rotating hips and shoulder during the striking action	Step towards the target and show your school crest
Arms should be extended fully at the point of contact with the ball.	Elbows as straight as a plank of wood
Follow through the ball and around the body.	Swing the axe over your shoulder



Introducing the skill of striking with an implement

Try to...	Effective questions
<ul style="list-style-type: none"> • put a bat on the ground and pick it up again 	<i>How does it feel?</i>
<ul style="list-style-type: none"> • stand in a circle and pass a bat around and around the circle 	
<ul style="list-style-type: none"> • hit a ball from a T-stand as hard as you can, using a bat 	<i>How did you follow through?</i>
<ul style="list-style-type: none"> • hit a ball from a T-stand at a target, using a bat 	<i>Investigate why this can be more difficult.</i>
<ul style="list-style-type: none"> • hit a ball from a T-stand bending your elbow, using a bat 	<i>Did you hit it as far? What was the difference?</i>
<ul style="list-style-type: none"> • hit a ball from a T-stand keeping your arms straight throughout, using a bat 	
<ul style="list-style-type: none"> • hit a ball from a T-stand keeping our arms straight at the point of contact, using a bat 	
<ul style="list-style-type: none"> • balance a ball on a tennis racket 	
<ul style="list-style-type: none"> • bounce a ball on a tennis racket 	<i>Why is it important to keep your eye on the ball?</i>
<ul style="list-style-type: none"> • hit a ball with a tennis racket as far as you can 	
<ul style="list-style-type: none"> • hit a ball with a tennis racket to a partner 	<i>Is it important to control the force? Why?</i>
<ul style="list-style-type: none"> • hit a target on a wall with a tennis racket 	<i>Does force decrease? Why?</i>
<ul style="list-style-type: none"> • hit a ball thrown to you using a racket 	<i>Did you find this more difficult? Why?</i>
<ul style="list-style-type: none"> • hit a ball thrown to you using a bat 	
<ul style="list-style-type: none"> • explore using a hurley 	
<ul style="list-style-type: none"> • use all the correct technique outlined 	<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>
Eyes looking at the target area rather than the ball	Keep your eyes on the ball throughout
Body open, facing the target or not side on	Stand side on with your shoulder facing the target
The pupil stops swinging after contact resulting in poor contact	Follow through and around your body after contact is made
Hands too far apart or the wrong hand on top	Keep your hands close together and make sure your hand at the end of the implement matches your front foot
No weight transfer	Step into the striking action
Elbows/arms are bent during contact	Extend your arms fully at point of contact to ensure maximum force is generated

Striking with an Implement Rubric

	Exploring	Developing	Mastering
Eyes	<ul style="list-style-type: none"> Eyes only on the ball until contact is made 	<ul style="list-style-type: none"> Eyes only on the ball until contact is made 	<ul style="list-style-type: none"> Eyes can comfortably move from the ball to look up over the ball and assess surroundings
Trunk	<ul style="list-style-type: none"> Body facing the direction of the ball, not side on 	<ul style="list-style-type: none"> Body is side on for the striking action 	<ul style="list-style-type: none"> Body position is side on for the striking action
Transfer of weight	<ul style="list-style-type: none"> Feet are stationary with no step forward or transfer of weight 	<ul style="list-style-type: none"> Body weight transfers forward from back to front leg, however it moves before contact is made with the ball 	<ul style="list-style-type: none"> Body weight is shifted from the back leg to front leg and contact is made with the ball in one fluid movement
Contact	<ul style="list-style-type: none"> Force comes from straightening the elbows only 	<ul style="list-style-type: none"> Force comes from both the straightening of the elbows and the rotation of the hips and shoulders 	<ul style="list-style-type: none"> Strikes with a full extension of the arms during contact
Follow through	<ul style="list-style-type: none"> Very little follow through 		<ul style="list-style-type: none"> Follow through around the body

IDENTIFYING THE STAGES OF DEVELOPMENT

Exploring Stage

Tréimhse taisceálaíochta



At this stage, pupils find it difficult to make contact with an object using an implement. Focus should be placed on exploring the skill using different sized implements and objects in a stationary position. Characteristics of striking with an implement at the exploring stage:

- body facing the direction of the ball, not side on
- feet are stationary with no step forward or transfer of weight
- force comes from straightening the elbows only
- eyes only on the ball until contact is made and very little follow through.

Developing stage

Tréimhse forbraíochta



At this stage, pupils display more consistency when striking a stationary object and explore striking in different directions (accuracy) at different speeds (force).

Characteristics of striking with an implement at the developing stage:

- body is side on for the striking action
- body weight transfers forward from back to front leg, however it moves before contact is made with the ball
- force comes from both the straightening of the elbows and the rotation of the hips and shoulders.

Mastering stage

Tréimhse Máistirithe



At this stage, pupils show proficiency in striking a stationary object and apply the skill to moving objects such as a sliotar, tennis or cricket ball in varying contexts.

Characteristics of striking with an implement at the mastering stage:

- body position is side on for the striking action
- body weight is shifted from the back leg to front leg and contact is made with the ball in one fluid movement
- strikes with a full extension of the arms during contact and follow through around the body.