

Description of Activity

Arrange pupils in groups of three. Start by inviting pupils to warm up their kicking skills by kicking the ball to each other in a triangle. Once everyone has warmed up, invite two pupils to stand facing each other approximately five meters apart. The other pupil stands in the middle with their legs spread wide apart as the goal. The two outside pupils try to kick the ball through the goal, keeping the ball below knee height and on the ground if possible. If successful, the scorer moves to the middle and becomes the goal. The ball is then kicked by the other pupil to continue the game. As the activity progresses and the kicking becomes more accurate, the pace of running between positions should increase.



Variations

- Vary the distance between pupils.
- Add a second goal (pupil).
- Encourage pupils to use their non-dominant foot.

Equipment

An open playing area, balls of various sizes



- Ensure there is adequate space between groups.
- It may be useful to use soft balls to avoid hurting the person in the middle, especially if skill level is low. Also continuously refer to safety during the activity.
- Keep the ball on the ground (below knee height) at all times.



- Practise kicking with your non-dominant leg at home.



triúr • dalta sa lár • líon • cosa amach • liathróid a ciceáil

Description of Activity

Use a rope to set up a kicking line where pupils must position themselves behind. Use cones to set up six target squares of different sizes, positioned at various distances from the kicking line. Arrange pupils in teams of four and give each pupil a number from one to four. The first pupil from team A chooses a square to attempt to kick a ball into. The first pupil from each of the opposing teams then attempts to kick into the same square. If successful a team gets a point. Rotate the team that takes the first kick. The process continues until everyone has kicked.



Variations

- Introduce bonus targets in each of the zones such as cones, spots and hoops to improve accuracy.
- Use smaller sized teams working in the same area to ensure more opportunities to kick.

Equipment

An open play area, large round or oval balls, cones or markers, rope



- Pupils retrieve their ball when instructed by the teacher.
- If equipment is limited, invite teams to operate on both ends of the yard ensuring there will be a flow of balls to both sides at all times.
- Pause the activity at intervals to focus on the teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- In your PE journal, draw a picture of your foot making contact with the ball when kicking. Where should you make contact with the ball? List three things to remember.



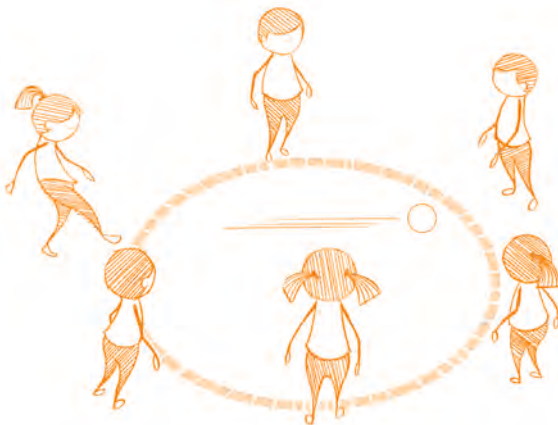
téad • trí zóin • uimhreacha • ciceáil • ciceanna éagsúla

Description of Activity

Arrange pupils in groups of six, with a ball per group. Invite each group to stand in a large circle in an open space. Every pupil identifies one pupil to whom they will kick-pass the ball. Each pupil will pass and receive the ball only once per cycle.

When play begins, once a pass has been made, the pupil who passed the ball runs around the outside of the circle in a clockwise direction back to their original spot. The pupil who receives the pass must then pass to the pupil they have previously identified, then run around the outside of the circle, and so on.

If a pass is misplaced or miscontrolled, the receiver retrieves it and play continues from there.



Variations

- Vary the weight and size of the ball.
- Invite pupils to follow their pass by crossing inside the circle.
- Adjust the size of the circle to increase or decrease the difficulty.
- This activity can be done in the same way by throwing the ball rather than kicking.

Equipment

An open playing area, footballs



- Invite pupils to walk initially until they become comfortable kicking in the circle.
- Pause the activity at intervals to focus on the teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- In the yard, adapt a throwing game that you know by replacing throwing with kicking.



- ceathrar nó ochtar • liathróid a phasáil • ciceáil • uair amháin • rith timpeall • deiseal

Description of Activity

Arrange pupils in two groups, one group are the statues and the others are the dribblers. Each dribbler should have a ball from the start of the activity. All pupils move around the designated area. On a signal the statues should stand with their feet apart, some at medium distance apart and some with their feet just far enough apart for the ball to go through. The other pupils who are the dribblers drop the ball and dribble it with their feet throughout the playing area. When they come to a statue they kick-pass the ball through the statue's feet, run around the statue and trap the ball on the other side. Swap roles regularly.



Variations

- Invite the pupils to work in groups of three with two dribblers playing against each other and one statue.
- Vary the activity to striking with the hand by bouncing the ball rather than a foot dribble.
- To increase the difficulty add a shadow (another pupil following their run) while they are dribbling.
- Use a ball between two instead of a ball each and invite pupils to make a pass after putting the ball through a statue's legs.

Equipment

An open playing area, footballs



- Ensure that the ball is kept on the ground and is not kicked hard.
- Use plenty of space to allow pupils experiment with kicking and dribbling fully.
- Pause the activity at intervals to focus on the teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- Practise your kicking technique at home by marking some targets on a wall and trying to hit them from various distances.



na deilbh • na druibleáilaithe • séideadh na feadóige • ciceáil • tríd na cosa

Description of Activity

This activity combines aspects of soccer with tag. Arrange pupils in groups of three or four with one ball per group. One group begins without a ball. This group will be on and must attempt to steal a ball from one of the other groups. Once they get the ball away from another group, that group is on. As in soccer, the ball cannot be touched with their hands, so to steal the ball it is necessary to intercept a pass from another group.



Variations

- Use this activity to practise the skill of throwing, similar to Piggy in the Middle except on the move with several games going on at once.
- Vary the locomotor skill used to move around the area, e.g. skipping or side-stepping.
- Set up a game within each game, two players pass and the third tries to intercept.

Equipment

An open playing area, soccer balls



- Ensure there are no hazards in the playing area.
- Ensure pupils are cautious of others moving around them and remind them that physical contact between players is unacceptable.
- Pause the activity at intervals to reinforce the teaching point of kicking being addressed in this particular lesson.



- Practise kicking from both feet at home with a friend or family member.



- cluiche tóraíochtaí • tríúr • ceathrar • liathróid a ghoid • pas a idirghabháil



Description of Activity

Use cones to set up a rounders pitch with four bases in a diamond shape. Arrange pupils in two teams, one outfield team and one kicking team. The kicking team line up behind the home base. The outfield team nominate a pitcher who will roll the ball to each of the kickers. They each attempt to strategically kick the ball and run around the bases. If the kicker gets home, a score is awarded to their team. If the outfield team get the ball to the base that they are running to or home base before they reach it, they are out. If the outfield team catch the ball before it hits the ground, the kicker is out. After everyone has kicked the rolls are switched.



Variations

- Use an implement such as a bat or tennis racket and a smaller ball to play conventional rounders.
- Allow pupils to run in pairs with linked arms after the kicker has kicked the ball.
- Vary the movement between bases, e.g. run, skip, hop etc.

Equipment

An open playing area, large balls, cones

- When kicking pupils should keep their head down and eyes on the ball and strike through the football in the direction which they want ball to travel in.
- Set up multiple games running simultaneously if possible to ensure the activity levels are high and wait time is low.
- Pause the activity at intervals to focus on the teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- Set up Football Rounders at home and play with others.



- Cluiche corr • ceithre daorthaí • dhá fhoireann • ceapadóirí na páirce amuigh • foireann ag ciceáil • rith

Description of Activity

Arrange pupils in teams of three (A, B and C) with one ball for every two teams. Two teams position themselves at a section of wall five metres wide which is set out using cones. Teams play in the order of A, then B, then C. Pupil A from the first team kicks the ball against the wall inside the boundary and pupil A from the opposing team must respond. This process continues through all team members. If a pupil strikes the ball inside the boundary, their team gains a point. This process continues until a team reaches a score of ten points.



Variations

- Allow pupils to catch the ball before kicking.
- Introduce a rule that all pupils must kick the ball with their non-dominant foot only.
- Try as a cooperative exercise and see how long pupils can continue a rally without a mistake occurring.

Equipment

Defined playing area with wall or fence space, large balls, cones



- Ensure there is adequate space between and behind groups.
- Encourage pupils to approach the ball from behind.
- Pause the activity at intervals to focus on the specific teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- Practise kicking a ball against a wall at home. Challenge yourself to complete a star jump between each kick, without losing control of the ball.



beirt nó tríúr • in aghaidh an balla • a haon • a dó • a trí • ciceáil

Description of Activity

Use cones to set up a small circle in the middle of the playing area. Arrange pupils in two uneven groups (e.g. five versus fifteen). The group with five pupils stands inside the circle with a football each. On a signal they must kick the balls out of the circle. The opposing group of fifteen pupils spread out around the central circle, standing at least ten metres away, and must retrieve the balls and place them back inside the circle as quickly as possible. Record the time taken. The aim is to retrieve the balls in the quickest time. The kickers should aim to kick the footballs as far away from the centre circle as possible. Repeat with a new group of five pupils.



Variations

- A pupil inside the circle must complete a pass before a teammate can kick it out of the circle.
- Pupils in the circle may vary the kick (non-dominant leg, from the ground or hand).

Equipment

Footballs, hall, cones



- Encourage kickers to kick into open space.
- Encourage retrievers to think about where they are standing prior to the kick.
- Pause the activity at intervals to focus on the teaching points for kicking in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the kicking action during the activity.



- In your PE journal, draw a picture of this activity. Write a list of all the teaching points for kicking.



- ciorcal beag • foirne nach bhfuil cothrom • deich liathróid • liathróidí a ciceáil • méid is lú liathróidí