

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