

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