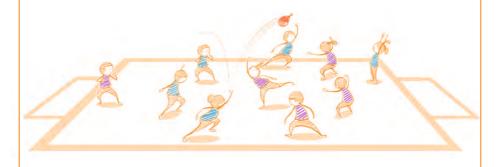


Description of Activity

Use cones to set up multiple playing areas similar to soccer pitches. Arrange pupils in teams of four and allocate two teams to each playing area with a balloon or soft ball. Pupils must make three passes using a strike with the hand before they attempt to score in the opposing team's goal.



Variations

- Incorporate more than one balloon or ball.
- Play with a goalkeeper and larger goal.
- To make the game more challenging, progress to dribbling a ball to move.
- Hang a hoop at each end of the playing area and invite pupils to score by striking the balloon or ball through the hoop.

Equipment

An open playing area, cones or goals, balloons

- Ensure there is no tackling in the game setting. To gain possession pupils must intercept the ball or balloon in the air.
- Ensure the playing area is suitable for the number of pupils and that there is adequate space between pitches.



Pause the activity at intervals to focus on the teaching points for striking
with the hand 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 performing the striking action
during the activity.



 Adapt a sports activity to practise striking with the hand. Play it in the yard with your friends.



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