

## 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.



- ar nós cluiche sacar • cóin • foirne de ceathrar • cúl báire • balúin a phasáil • bualadh le lámh