



Description of Activity

Arrange pupils in pairs (A and B), with a basketball or bouncy ball. Pupil A takes possession of the ball and pupil B stands behind them. On a signal, pupil A begins bouncing the ball. From this point onward pupil A is no longer permitted to catch the ball and must control it by bouncing it in front of their body. Pupil B attempts to touch the ball or knock it out of the possession of pupil A. Pupil A attempts to keep their body between the ball and pupil B in order to protect the ball and remain in possession for as long as possible. After a set period of time switch roles or allow pupils to swap roles after every interception.



Variations

- Use alternate hands to bounce the ball.
- Use groups of three, with two pupils dribbling the ball and one trying to intercept.
- Arrange pupils in groups of five with a ball each. The aim is to remain in possession of your own ball while trying to dispossess others.

Equipment

One ball per pair, hall or enclosed yard area



- Encourage pupils to maintain a strong, balanced body position over the ball while also discouraging any rough play, pushing or dragging.
- 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.



- Practise bouncing a ball at home. How many bounces can you complete in thirty seconds? Ask a friend or family member to time you.



- balún • taobh thair dá ndroim • balún a phreabadh ar a gceann • a smachtú • lámh a leagan ar