

Description of Activity

Use cones to set up a large defined playing area. Arrange pupils in pairs (A and B), with a ball per pair. Invite all pairs to position themselves outside the playing area. To begin the activity the teacher calls A or B. The pupil called becomes the attacker and dribbles the ball into the playing area. Once all attackers have had a chance to dribble around the area, the teacher calls 'defender'. The second pupil then enters the playing area, finds their partner and attempts to take possession of the ball. Repeat to ensure pupils have an opportunity in the role of attacker and defender.



Variations

- This game can also be adapted to practise dribbling a football or dribbling with an implement.
- Progress the game using groups of four with two versus two, introducing throwing and catching.

Equipment

An open playing area, cones, balls



- Ensure pupils have enough space in the playing area to move around safely. Consider setting up two or more playing areas if space allows.
- Rotate partners regularly, encouraging pupils to engage with pupils of varying ability.
- 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.



- Name three sports in which striking with the hand is important. List them in your PE journal and draw the striking technique required for each one.



- i mbeirteanna • ionsaitheoir • cosainteoir • liathróid cispheile • uimhir • druibleáil • séideadh na feadóige • bualadh le lámh