

Description of Activity

Arrange pupils in relay teams of equal numbers. Each team has two unihoc sticks and one tennis ball or puck. Set up a relay lane for each team by placing cones three feet apart in a straight line. Invite all teams to line up behind their first cone. On the whistle, the first pupil from each team dribbles the ball/puck in and out through the cones using their unihoc stick. When they reach the last cone, invite each pupil to strike the ball/puck along the ground back to the next pupil on their team. Each pupil follows their pass, hands the unihoc stick to the next in line and rejoins their line. When each pupil has completed their attempt, the entire team must crouch down to show they are finished.



Variations

- Vary the equipment used depending on the space available, e.g. hurleys and sliotars on a large open grass playing area.
- Vary the rules of the game, e.g. each team must complete the course twice before crouching down to show they are finished.
- If space is limited, invite each pupil to dribble back down through the cones until they reach a half way mark before striking the ball to the next pupil.

Equipment

Large playing area, unihoc sticks, tennis balls or unihoc pucks, cones



- Ensure there is enough space in each lane to allow the pupil to strike the ball and for that pupil to run back to their line without getting in the way of the next pupil or another team.
- If space allows, set up more lanes and arrange pupils in smaller groups to provide greater opportunity for engagement.
- Pause the activity at intervals to focus on the teaching points for striking with an implement 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 striking a ball against a wall home, using an implement such as a bat, tennis racket or hurley, etc.



- ceathrar • maide haca • camán • triúr os a gcomhair • liathróid a rolladh • liathróid a bhualadh