

Description of Activity

Arrange pupils in groups of four (A,B,C and D). Pupil A is given a hurley or unihoc stick and invited to stand on a spot facing the other three pupils. The other three pupils (B, C and D) are given a small ball each and are invited to stand on a spot facing pupil A. Pupil B rolls the ball to pupil A who must strike the ball back to pupil B. Pupils C repeats this action followed by pupil D. Once pupils B, C and D have had one turn each, the balls can come from random directions. After a given time period the positions are switched. Only one pupil is allowed to roll or throw at any given time.



Variations

- Pupil A can not pass the ball back to the pupil it came from.
- The pupil with the implement may switch their stance and attempt striking the ball from their non-dominant side.
- Invite the receiver to face the opposite direction and turn to receive and send, repeat for each ball.

Equipment

Small balls,
hurleys or
unihoc stick,
spot markers



- Ensure pupils rolling the ball are a safe distance back and that all striking should be done below knee level.
- Pupils should be reminded to keep their eyes on the ball, step in and swing when striking and follow through in the direction of the target.



- 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

Description of Activity

Arrange pupils in groups of three to five. Line them up on one end of the hall in relay formation. The aim of the activity is to bounce the tennis ball with the racket to the other end of the hall while trying to stay in control. Once a pupil reaches the far end, they turn around and run back again, balancing the tennis ball on the racket. Once the ball is handed to the next pupil in the line, they repeat the activity.



Variations

- Add different components to the relay, e.g. bounce passing the ball to a partner while side stepping across the gym, balancing multiple balls on the racket at once, striking the ball into a target, use a different striking implement such as badminton racket or bat, etc.
- Vary starting points and allow pupils to choose what distance they wish to travel.

Equipment

An open playing area, hall or area with a hard floor, tennis balls, tennis rackets or bats, cones



- Gently tap the tennis ball so that it doesn't get out of control when trying to bounce it.
- Let pupils practise bouncing the tennis ball with the racket before the relay, so they begin to understand how to control the ball.
- Space out the groups so that they are less likely to collide.



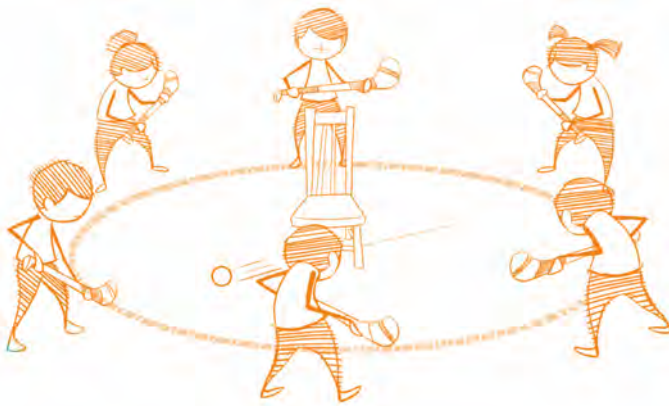
- Set up an obstacle course at home. Practise bouncing a ball on a tennis racket through the course.



triúr, ceathrar nó cúigear • i líne • rás sealaíochta • liathróid cispheile a phreabadh • raicéad • smacht • liathróid a choiméad ar a gcothrom

Description of Activity

Arrange pupils in groups of six with a hurley each and one ball per group. A circle is formed with a chair in the middle. One pupil begins by trying to hit the ball under the chair to the other side of the circle. Pupils who stop the ball must pass it to another pupil who then tries to hit the ball under the chair. The sequence of stopping, passing and shooting continues.



Variations

- Begin by using two cones instead of a chair.
- Vary the size of the area or radius of the circle.
- Add a goalkeeper at the chair.

Equipment

A large hard playing surface, hurleys, small balls, school chair



- Ensure that the ball is kept low at all times.
- Ensure there is adequate space between each group.
- It may be useful to differentiate groups to allow pupils practise with others of the same ability.



- Practise Chair Ball at home. Invite a family member to play with you. If you can't use a chair, use two small objects such as a piece of clothing or plastic bottle to set up a goals instead.



seisear • camán an dalta • ciorcal • cathaoir sa lár • liathróid a bhualadh faoin gcathaoir • comhairigh na cúil



Description of Activity

Arrange pupils in groups of four with a hurley each. Ensure each group has their own designated playing lane with a striking area (a square) and a separate waiting area which is a safe distance behind. Each of these areas has five scoring targets (e.g. cones, hoops, buckets, etc) which are placed at various distance from the striker. The target closest to the striker is worth five points and each subsequent target is worth five more points the further you get from the striking square. In turn, each pupil hits five balls, scoring points if the ball hits or lands on or in a target. The aim of the activity is to get the highest points possible.



Variations

- Vary the aim of the activity, e.g. achieve a score of twenty with the fewest strikes possible.
- Vary the manipulative skill used, e.g. use beanbags for throwing or footballs for kicking.

Equipment

A large hard playing surface, hurleys, small soft balls, a variety of targets, spot markers, cones, buckets, bins or boxes



- Pupils may only collect the balls as a whole group when instructed by the teacher for safety reasons.
- Pause the activity at intervals to focus on the specific 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 while they perform the striking action during the activity.



- Practise striking towards a target at home. Design your own targets on sheets of paper and set them out at varying distances. Invite your family members to play with you.



i ngrúpaí • camán an dalta • cearnóg • áit chun fanacht • cúig liathróid a bhualadh • pointí • má bhuaileann sé an targaid

Description of Activity

Arrange pupils in pairs (A and B) with a racket each. Invite each pair to stand at a spot or cone facing another pair (C and D) five to seven metres apart. One ball is required between two pairs. Pupil A begins by batting the ball to pupil C from the pair facing them. The ball must bounce once during the pass. Pupil C returns the ball to pupil B from the first group. Pupil B then passes the ball to pupil D who returns the pass to pupil A. The process continues back and forth in an attempt to maintain a rally for as long as possible.



Variations

- As the activity develops, encourage pupils to increase the tempo of the activity.
- Invite pupils to attempt the task with their non-dominant hand only.
- Introduce a competitive element by setting up a dividing line. Each group must hit their ball over the dividing line.

Equipment

Bats or tennis rackets, small bouncy balls, cones or spot markers



- Pupils should be encouraged to keep their eyes on the ball and have steady control of the implement.
- Pause the activity at intervals to focus on the specific 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 while they perform the striking action during the activity.



- Practise bouncing a ball against a wall at home. Alternate the hand holding the implement between strikes.

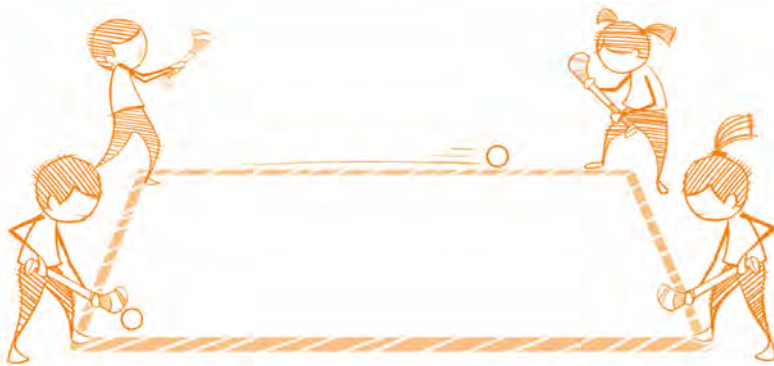


- i mbeirteanna • spota nó cóin • liathróid a bhualadh • i dtreo dalta eile • babhta imeartha



Description of Activity

Use cones to set up large squares (ten metres by ten metres), with eight pupils in each square. Invite two pupils to stand in each corner. Each pupil has a hurley (or other implement). Each group should have two balls, positioned diagonally opposite each other. Pupils with the balls pass or strike the ball laterally in turn along the square and then follow their pass. Pupils who receive should trap the ball, turn and repeat the process. Continue alternating passes.



Variations

- Invite pupils to dribble the ball from cone to cone rather than strike it.
- Introduce more balls.
- Vary the direction of the pass.
- Set up multiple squares to reduce waiting times.

Equipment

A large hard playing surface, hurleys, small balls, cones



- Use a grass or large area if possible to ensure groups are well spaced.
- Remind pupils to follow through with the hurley.
- Use a racket for pupils struggling to make contact with a hurley.



- At home, practise stopping the ball and trapping it before striking. Invite a friend or family member to practise with you, watch their technique and give them feedback.



cearnóg • camán an dalta • dhá liathróid • liathróid a bhualadh • an pas a leanúint

Description of Activity

Use cones to set up a rounders field of four bases in a large playing field. Ensure there are roughly fifteen metres between bases with a bucket or box at home base. Arrange pupils in two groups (batters and fielders). The first batter strikes three balls from the ground in quick succession and runs after striking the third ball. They get a point for each base they pass. The fielders must retrieve the three balls and place them into the box at home base. When this happens the batter stops running and counts their score. This process continues until all pupils have batted at which point the groups switch roles.



Variations

- Increase or decrease the size of the playing area depending on ability levels.
- As the game develops, bowlers may toss the ball for the batter to hit.
- Use this activity to practise kicking.

Equipment

A hall or hard playing surface, hurleys, balls, cones, bucket or box



- Set clear boundaries for striking to ensure that the activity isn't held up.
- Set up multiple activities if the playing area allows to prevent a long wait time for batting.



- Play rounders at home or in the yard with your friends.



cluiche corr • buicéad • bosca • buailteoirí • ceapadóirí • scór a chomhaireamh • athraíonn na fóirne

Description of Activity

Arrange pupils in groups of four - one batter and three goalkeepers. Each pupil has a bat or a hurley and one ball. Set out four cones side by side in a line in front of a batting tee to form three goals. The batter attempts to hit the ball from the tee through one of the goals. The middle goal is worth five points and the two outside goals are worth two points. The goalkeepers try to stop the balls going through their goal with their bats or hurleys. The batter attempts to score as many goals as possible in five attempts. After five hits the roles are rotated.



Variations

- Vary the difficulty level, e.g. adjust the distance from the tee to the goals or the size of the goals.
- Introduce the option of striking from the ground or out of the hand.
- Vary the implement, e.g. use a cricket bat and a smaller tee.

Equipment

A large hard playing surface, cones or markers, small soft balls, hurleys or bats, batting tee



- Ensure there is enough space for each group to work independently.
- Ensure the remaining pupils are a safe distance behind the batting tee.



- Set up goals like this at home and practise striking through the goals. Assign a number of points for each goal and keep score.



ceathrar • buailteoir • cúl báirí • camán • liathróid a bhualadh • cúl sa lár • cúig phointí • cúig iarracht