

Description of Activity

Arrange pupils in groups of four, with one ball per group. A straight line of four cones is set out at five metre intervals for each group. Invite each pupil to stand at one cone in the line. The ball begins with the pupil at the first cone and is kicked to the next pupil at the second cone, who in turn kicks it to the third cone. When the ball reaches the fourth cone that pupil must dribble the ball back to the first cone and repeat the process.

Whilst the ball is being dribbled back each pupil moves forward to the next cone.



Variations

- Vary the distance between cones.
- Vary the kicking foot each time.
- Groups can compete against the clock or other groups.

Equipment

An open playing area, mini footballs, cones



- Pass the ball gently rather than kicking as hard as possible.
- Extend the arm of the non-kicking foot to maintain balance.
- Pause the activity at intervals to focus on the specific teaching points for kicking 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 kicking action during the activity.



- Practise dribbling a ball at home. Set out obstacles and dribble around them.



ceathrar le chéile • líne de cóin • liathróid a chiceáil • céad duine eile • druibleáil • bogann gach dalta ar aghaidh