

Description of Activity

Arrange pupils in groups of five with three footballs and one tennis ball per group. Three pupils line up side by side with a football each. The other two pupils will stand out in front as per the diagram. The leader will roll the tennis ball along the line in front of the three pupils. Challenge the three pupils to kick their football in an attempt to hit the moving target as it goes past them. A second leader will throw the tennis ball back along the line. Pupils who successfully hit the target ball can swap position with the leader and repeat the activity. The leader should roll the target ball softly to begin.



Variations

- Vary the size of the target ball, e.g. beach ball or large ball.
- Kick the target ball instead of throwing it.
- Vary the speed of the target ball.

Equipment

An open playing area, mini footballs, tennis balls, cones



- Time the kick rather than kicking as hard as possible.
- Focus on your own football when kicking.
- Playing alongside a wall allows a quicker retrieval of the ball.



- Practise this activity at home with a family member.



liathróid peile • liathróid leadóige • in aice lena chéile • liathróid a rolladh • liathróid a bhualadh • suíomh a mhalartú • ceannaire