

Description of Activity

Arrange pupils in groups of four with one cone/skittle and one football each. The first pupil places their cone three to five metres from the wall within their designated playing area. This pupil then places their ball next to the skittle and kicks it, aiming to hit the skittle on the rebound. If the cone is hit, the cone is then moved one metre further away from the wall. A goal line can be set ten metres from the rebound wall. A goal is scored when a pupil has successfully progressed the cone, metre by metre, back across the goal line.



Variations

- Move the cone one metre closer to the wall if pupils continuously miss.
- Kick from left or right of the cone, the wider the distance, the more difficult the challenge.
- If space allows, arrange pupils in pairs, taking every second turn.

Equipment

An open playing area, cones or skittles and footballs



- Discuss safety with pupils and ensure that they are an adequate distance apart when kicking. Also stress the importance of controlling the force of the kick.



- Pause the activity at intervals to focus on the 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 kicking in the yard with a partner. Think about the teaching points for kicking and give your partner feedback on things they are doing well and others they can improve.

ciceáil • balla • preab ar ais • scidil a bhualadh • méadar níos cóngaraí