

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