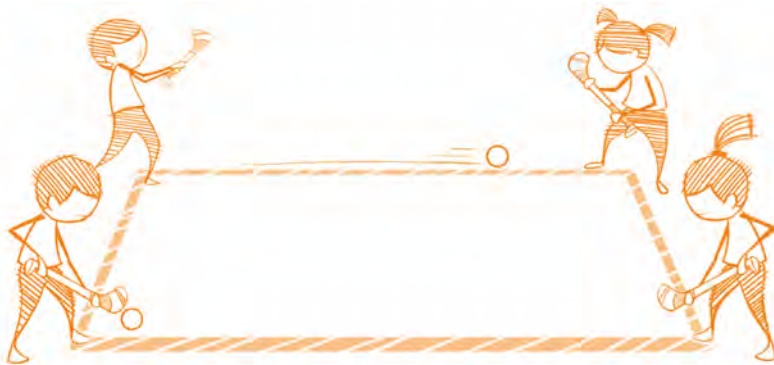




Description of Activity

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.



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