LEVEL 2

GROUND WALL STRIKE

HURLING

EQUIPMENT LIST

Football

This Ball Sense Activity is designed to develop children's ball-handling skills, carrying and striking skills, and movement skills relevant to games

Organisation

- Each child has a ball
- The children occupy a space in the hall/yard, standing approximately 1m from the wall

Task

- Strike the ball with the open hand from approximately 1m from the wall
- Stop the ball before each strike
- Progress by striking the ball continuously with the closed fist instead of the open hand

Teaching Points

- Place the feet side on to the wall
- Face the non-striking shoulder to the target
- Practise using both the left and right hands

Notes