

## 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

[illegible]