LEVEL 3

HAND DRIBBLE

HURLING

EQUIPMENT LIST

- Cones
- Football
- Markers

This Challenge Activity is designed to develop children's ball-handling skills, develop problem solving and decision making strategies, and movement skills relevant to games.

Organisation

- The players work in pairs
- Mark a gate for each pair using 2 markers

Task

- Dribble the ball around the cones using the open hand
- Practice using both the left and right hands
- Challenge the children further by giving each a number of lives; each time a player hits a cone with a ball they lose a life

Teaching Points

- Ensure the children have enough room to move around safely
- Children should look up frequently to track the paths of others

Notes