LEVEL 2

HAND STRIKE: THROUGH THE GATES

HURLING

EQUIPMENT LIST

- Football
- Markers

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

Organisation

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

Task

- Each child, in turn, strikes the ball through the gate to their partner
- Practise striking both with and without stopping the ball
- Practise using the open hand and the closed fist

Teaching Points

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

Notes