

## 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

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