

## LEVEL 2

## HAND BOUNCING 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 or one per pair
- The children occupy a space in the hall/yard standing approximately 1m from the wall

**Task**

- Bounce the ball and strike it off the wall
- Continue to strike the ball as it returns from the wall at the top of every bounce

**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

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