LEVEL 3

HAND STRIKE: TARGET GAME

HURLING

EQUIPMENT LIST

- Cones
- Football

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 children line up ingroups
- One ball per group
- Set up cones as targets approximately 5m from each group

Task

- The children strike the ball to hit or knock a cone
- Use an open hand and fist on alternate goes

Teaching Points

- Place the feet side on to thetarget
- Face the non-striking shoulderto the target

Notes