LEVEL 2

BOUNCE THE BALL ON THE HURLEY

HURLING

EQUIPMENT LIST

- Sliotar

This Ball Sense Activity is designed to develop children's carrying and striking skills.

Organisation

- The children carry out this activity individually or in pairs
- Each child/pair has a small hurley and a small sponge ball

Task

- In a stationary position bounce the ball on the hurley
- Challenge the children to see how many bounces each can make
- Progress to doing this while walking

Teaching Points

- Point the hurley forward with the 'toe' of the hurley facing away from the body to the dominant side
- Keep the bas of the hurley flat
- Keeping eyes on the ball, hit gently with the bas of the hurley

Notes