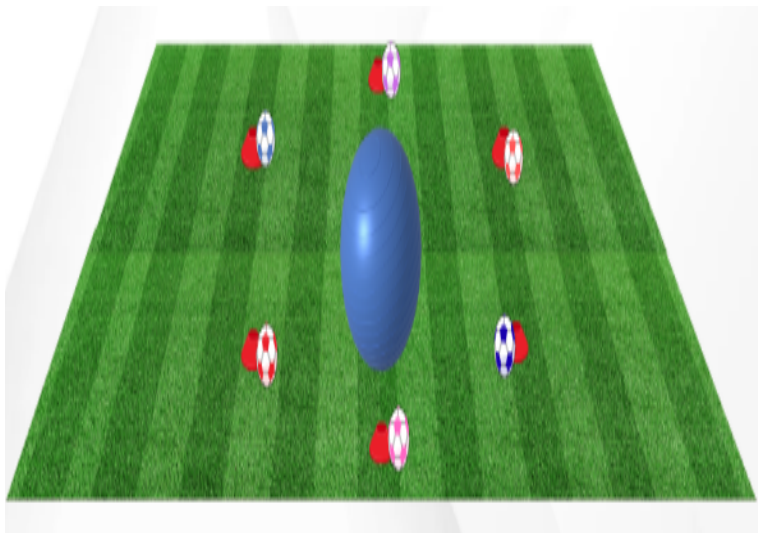


LEVEL 2

BIG BALL BOMBARDMENT

HURLING / FOOTBALL / HANDBALL / ROUNDEERS



EQUIPMENT LIST



Cones



Football



Markers



Sliotar

Big Ball Bombardment

Organisation

- Set up area as shown
- Place large exercise ball in the middle of a circle
- Players outside the circle must throw/kick/strike a different size balls in a bid to hit the big ball and move it
- The goal is to get the big ball outside the circle

Use STEPR to adapt and progress activity

Space, Time/Task, Equipment, People, Rules

Notes

[illegible]