LEVEL 2

HAND BOUNCING WALL STRIKE

— HURLING

EQUIPMENT LIST

Football

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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