



Move up a level

PSSI Homepage

Curriculum Objectives

Venue

Equipment

Reference

Strand Unit: Sending, receiving and travelling

- Begin to develop kicking skills:
 - dribbling a ball, kicking a ball, controlling a ball by trapping it.
- Begin to develop ball-handling skills using balls:
 - catching a ball.

Strand Unit: Creating and playing games

- Playground game: O'Grady Says.

Strand Unit: Understanding and appreciation of games

- Develop problem-solving and decision-making strategies:
 - moving into the path of the ball to trap it.

- Yard.

- Medium-weight size five balls and cones.
- For development activities: beanbags.

- Primary School Curriculum (1999) Physical Education, page 21.
- Buntús Cards: Kicking – On Your Own; Kicking – With a Partner; Kicking – Forceball; Travelling with a Ball – Using your feet.

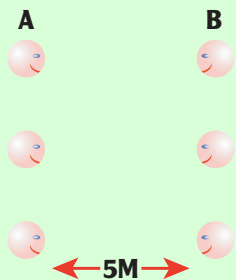


ORGANISATION

Place the children in pairs – one ball per pair.

The children line up as below.

Line **A** is five metres from Line **B**.



ACTIVITY

Warm up and stretching: Visit your warm up bank.

1 Dribbling

Partner **A** dribbles the ball with their feet anywhere inside the hall or yard. Partner **B** follows (without the ball).

On a signal, trap the ball, i.e. stop the ball, using the ball of the foot.

B repeats Activity 1.

Repeat Activity 1 where the children switch the ball quickly from **A** to **B**, i.e. **A** stops the ball on signal, **B** takes over the dribbling instantly.



2 Passing and trapping in pairs

Refer to the list that the children made in Lesson 4 of ways to send a ball to a partner. In this lesson we are going to learn how to kick a ball.

(a) Each child in Line **A** has a ball.

A kick passes the ball to partner in Line **B**.

B traps it and returns it to **A**.

Repeat five times.

(b) For this activity the children aim to pass the ball a total of ten times without losing control of it.



TEACHING POINTS

- Begin at walking pace.
- Use the inside and outside of your foot to control the ball.
- Trap/stop the ball by placing the ball of the foot lightly on the ball (see diagram).
- Keep the ball close.

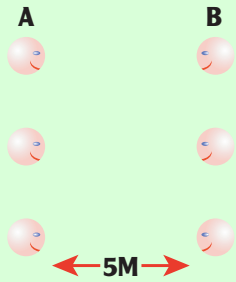
- Q** Why should we try to keep the ball close?
- R** So that on the signal it is possible to stop it instantly.

- Emphasise that the children should use all the available space.
- Kick the ball using the inside of the foot.
- The non-kicking foot remains at the side of the ball.
- Trap, i.e. stop the ball, with the ball of the foot before returning it.
- Start using the strong foot – then practise with the weak foot.
- The receiver must watch the path of the ball.
- Emphasise a firm **trapping** of the ball, followed by a quick return pass.

ORGANISATION

The children line up as below.

Line **A** is five metres from Line **B**.



ACTIVITY

3 Catching

(Gaelic football and soccer goalkeeper)

Partner **A** feeds the ball (throwing) high or low using an underarm throw.

Partner **B** catches it and returns it by rolling it back. Reverse roles.



4 Cool down

If space allows give every child a ball to dribble.

Play the game **O'Grady says**:

- *O'Grady says: trap the ball with your foot;*
- *O'Grady says: trap the ball and put two hands on the ball;*
- *O'Grady says: trap the ball and place the ball under your arm, etc.*

TEACHING POINTS

- Catcher must have their hands ready and hug the ball into the chest.

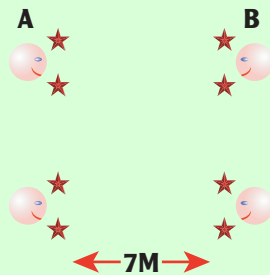
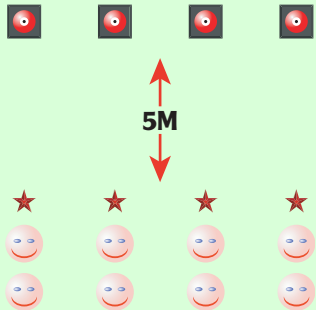
- Q** When the ball is low what do you think you should do to catch it?
- R** Player receiving the ball kneels down on one knee.

- When rolling place one hand under and the other lightly on top of the ball.

DEVELOPMENT

ORGANISATION

Place the children in pairs.



The children now move opposite each other. Place two beanbags in front of each child if possible.

If there are not enough beanbags, the pairs must alternate.

Place the beanbags approximately half a metre apart.

ACTIVITY

1 Dribbling

Place the cones around the hall. The children must dribble around them.

Dribble relay

The children line up as in the diagram.

In turn each pair dribbles to the cone and back.

The last child to dribble places the ball on the beanbag in front of the team.

The winning team is the first team seated with the ball placed on the beanbag.

Repeat this activity several times.

2 Target trap

A passes to B.

B must trap the bag between the beanbags.

Now B passes to A who does likewise.



Kick



Trap

3 Catching (Gaelic football and soccer goalkeeper)

As well as feeding the ball high/low, introduce feeding to the side.

The receiver must move sideways to catch the ball.

TEACHING POINTS

Q What do you have to do to make sure that you avoid colliding with others?

R Look up.

- Encourage the children to look up.
- Emphasise controlled dribbling and trapping at each marker.

- Confining the children to target areas should ensure that the distance between them is kept reasonably constant.

Q What must the kicker do in this exercise?

R Aim for the beanbags.

- For more skilful groups, decrease the distance between the bags.