



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 on the ground;
  - kicking from the hand;
  - kicking to a target and controlling a ball by trapping it.
- Begin to develop ball-handling skills:
  - fisting a ball, heading a ball.

## Strand Unit: Creating and playing games

- Playground game: **Dribble and Shoot.**

## Strand Unit: Understanding and appreciation of games

- Develop problem-solving and decision-making strategies:
  - watch the flight of the ball in the air before receiving it.

- Yard.

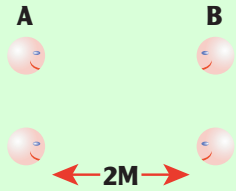
- Light plastic balls and medium-weight footballs.
- For development activities: beanbags and cones.

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



## ORGANISATION

Place the children in pairs, two metres apart.



Give each pair a light plastic ball.

Give each pair a light plastic ball.

Replace the light plastic balls with medium-weight footballs.

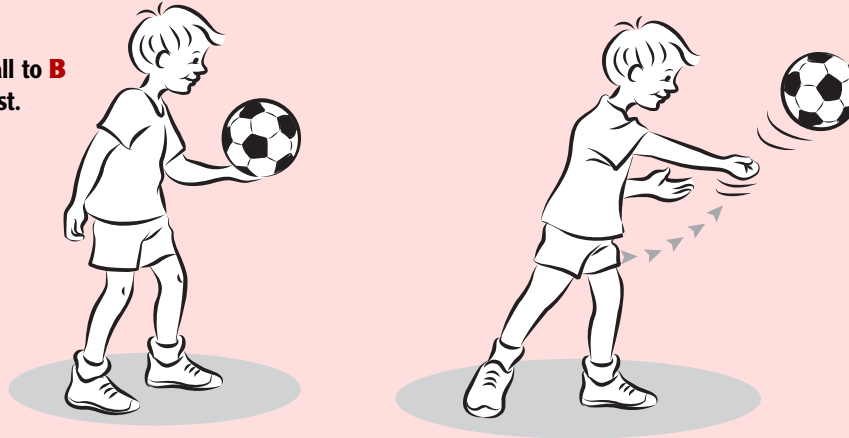
Increase the distance between the pairs to approximately ten metres.

## ACTIVITY

Warm up and stretching: Visit your warm up bank.

1 **Fist pass**

**A** passes the ball to **B** using his/her fist.

2 **Heading**

**A** feeds the ball gently to **B** using an underarm throw.

**B** heads it back.

Give each child three/four turns maximum.

3 **Long passing and trapping**

The children aim to pass the ball with control – they must trap the ball before returning it to a partner.

## TEACHING POINTS

- Hold the ball on the palm of your hand
- Clench the fist.
- Strike with the **flat** fist, i.e. the heel of the hand and the fingers.
- Short practice: a period of one minute to avoid soreness.

- High feed: ask the children to throw a high ball to their partner.
- The children aim to strike the ball with the top of the **forehead**.
- Remind the children to try to keep their eyes open.

**Q** Is it difficult to keep your eyes open?

- Point the kicking foot.
- The laces of the shoes should make contact with the ball.

ORGANISATION

ACTIVITY

TEACHING POINTS

**4 Kicking from the hand** (Gaelic football and soccer goalkeeper)

Only include this activity if outdoors or in a very large hall.

**A** kicks the ball to **B**.

- Hold the ball at arms length.
- Drop the ball onto the instep and kick.

**B** catches the ball and hugs it to the chest.

**B** kicks and returns the ball to **A**.



**5 Concluding activity**

Playground game.

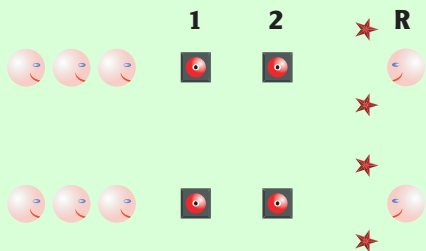
**6 Cool down**

Visit your cool down bank.

- The laces of the shoes make contact with the ball.
- Extend the foot in the direction of the target.

**Q** Have you seen a game where players kick the ball from the hand?

DEVELOPMENT



**Dribble and shoot**

Each team member in succession

- dribbles from marker 1 to 2
- traps the ball
- shoots for goal.

The retriever collects the ball and rolls it back to the next person.

Encourage each team to score as many goals as they can in three minutes.

Change the retrievers often.

All team members must be seated when waiting for their turn.

Arrange the cones or beanbags as in the diagram.

Arrange the children in groups of four – three kicking, one retrieving.

- Encourage accuracy rather than speed.