



Move up a level

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## Curriculum Objectives

## Venue

## Equipment

## Reference

### Strand Unit: Sending, receiving and travelling

- Ball handling: practise skills previously experienced:
  - throwing and catching using a large ball;
  - dribbling a ball.

### Strand Unit: Creating and playing games

- Create and develop games in small groups:
  - playground game: **Out in front**.

### Strand Unit: Understanding and appreciation of games

- Apply simple rules to activity.
- Yard/hall.
- Whistle and large balls.
- Primary School Curriculum (1999) Physical Education, page 31.
- Buntús Cards: Throwing and Catching – With a Partner, Throwing and Catching – 1-2-3-4; Throwing and Catching – Catch Up.

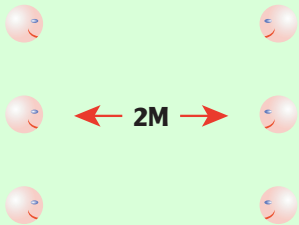


## ORGANISATION

Place the children in pairs – one ball per child if possible. If not, alternate the activity.

The children line up in pairs as below – one ball per pair.

For this activity give a round ball to each pair.

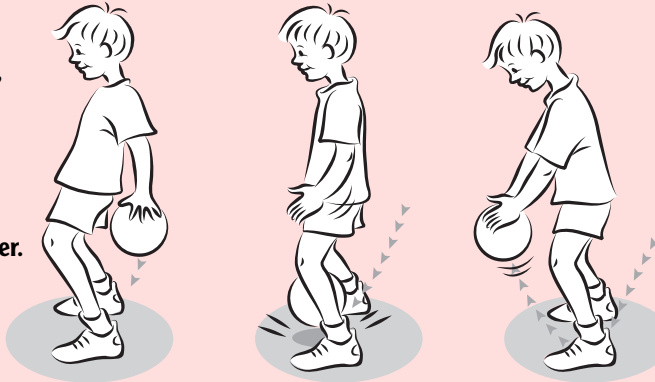


## ACTIVITY

Warm up and stretching: Visit your warm up bank.

## 1 Ball awareness activities

- Pass the ball around – the neck, waist, one leg, two legs.
- Pass the ball from behind the back, between the legs to the front.
- The pairs stand beside each other. **A** holds the ball and throws the ball in the air. **B** must clap hands and catch it. Alternate roles.



## 2 Throwing and catching

**Grip**

Ask the children to pick up the ball from the ground using the grip illustrated.

In turn, each child practises this activity.

**Chest pass**

Ask the children to pass the ball through the air to each other. They must aim for the chest.

The children should try to keep going without dropping the ball until the teacher says *stop*.



## TEACHING POINTS

- Make a **V** bounce between the legs.
- Bring the hands around quickly to catch the ball in front.

**Q** What can your partner do to make it easy for you to catch the ball?

- Make a firm **W** grip (see diagram).
- Spread the fingers.
- The sender holds the ball with two hands at chest level.
- Make a firm **W** grip as above.
- Keep the elbows in.
- Step into the pass.
- Extend the arms in the direction of the pass.

**Q** Where should the receiver hold the hands?

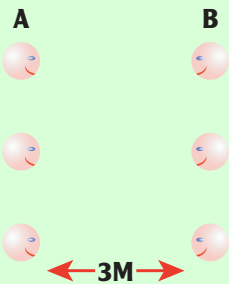
**R** In front of the chest (just like the sender) to make a target.

- Watch the ball.
- Use two hands to catch.
- The teacher uses this practice to check the application of the teaching points above.

## ORGANISATION

The children line up in pairs – one ball per pair.

They take turns performing this activity.



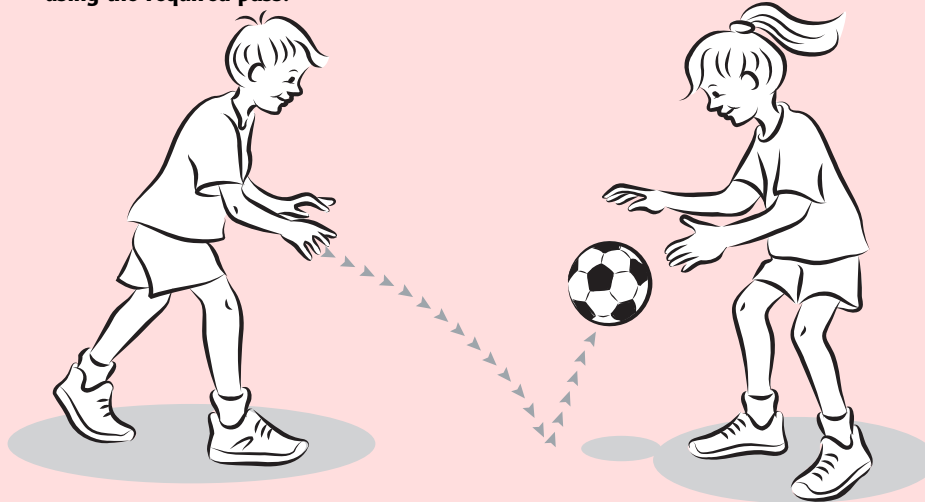
## ACTIVITY

**Bounce pass**

Ask the children to pass the ball to each other so that it bounces once.

The ball must bounce close to the receiver (more than half way). Practise this pass several times.

Now the teacher calls, **chest pass** or **bounce pass** and the child with the ball passes it using the required pass.

**3 Dribbling**

Ask the children to experiment with dribbling the ball using one hand only, i.e. with the hand flat, with the hand cupped.

Which do you think makes it easier to control the ball?

In turn, dribble the ball on the spot using strong hand/weak hand.

**A** dribbles around the area, changing direction often.

On a signal, **A** returns to his/her place and passes the ball to **B** who repeats.



## TEACHING POINTS

- A bounce pass is made in exactly the same way as the chest pass except that the ball is bounced on the floor.
- The bounce should be low, bouncing close to the receiver (more than halfway).
- The teacher uses this practice to check the application of the teaching points.
- This practice develops the identity of the chest pass and the bounce pass.

- Spread the fingers.
- Keep the hand cupped. Don't slap the ball. Push down with the pads of the fingers.
- Keep the ball to the side of the body. Keep the ball at waist height or below.

- Q** Why keep the ball to the side of the body for these practices?
- R** To keep the ball away from an opponent.

## ORGANISATION

Place three pairs together to make teams of six. Five line up side by side with one person, as leader, facing the team out in front. One ball per team.

The groups line up, one behind the other, as in the illustration.

## ACTIVITY

**4 Game: Out in front**

The leader passes the ball along the line moving to face each new partner.

When finished s/he holds the ball up. Repeat with a new leader.

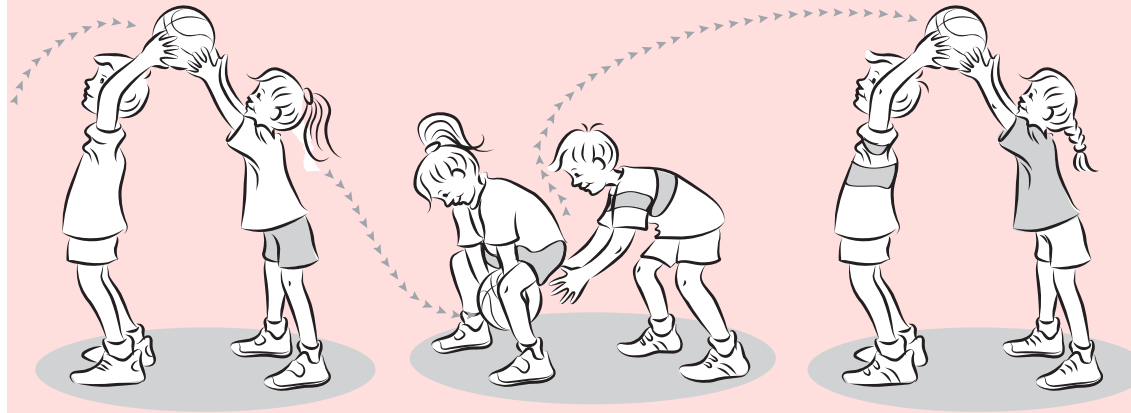
**5 Game: Over and under**

The ball starts with the leader.

The leader passes the ball overhead to **Number 2** who passes it through the legs to **Number 3** who passes it overhead to **Number 4**, etc.

When **Number 6** receives the ball s/he holds it overhead.

The first team to do this are the winners.

**6 Create a game**

Now ask each group of children to adapt one of the group games to create another throwing game.

**7 Cool down**

Skip, jog, walk, walk very slowly breathing in and out regularly

## TEACHING POINTS

- Look for:
  - **W** grip;
  - Fingers spread;
  - Elbows in;
  - Arms extended in the direction of the pass.

- Set the conditions that you feel are appropriate, e.g. no running in the game.

## DEVELOPMENT

## ORGANISATION



## ACTIVITY

**1 Ball awareness**

Make the figure of **8** between the legs.

Increase the speed with which the activities are carried out.

**2 Game: Out in front**

Each player in turn becomes the leader out in front.

The winners are the first group with the first leader back in front.

Repeat this activity using a small ball.

**3 Game: Over and under**

The ball starts with the leader. The leader passes the ball overhead to **Number 2** who passes it through the legs to **Number 3** who passes it overhead to **Number 4**, etc.

When **Number 6** receives the ball s/he runs to the top of the line and recommences the game.

Each child in turn becomes the leader. The winners are the first team to complete the round.

**4 Dribbling**

Dribble the ball around one leg/around your body.

The children should try to make the figure of **8** while dribbling the ball around the legs.

Repeat the activities in the main body of the lesson using small balls.



## TEACHING POINTS

- Bend the knees with feet apart.
- Take the ball in the right hand, pass it backwards between the legs and catch it with the left hand. Switch hands, i.e. bring the left hand now holding the ball to the front and the right hand to the back.
- Pass the ball back to catch with the right hand.
- Having passed the ball along the line, the ball is placed on the ground for the next leader.
- Ask the children to suggest one change they could make with this activity.