



Move up a level

PSSI Homepage

Curriculum Objectives

Venue

Equipment

Reference

Strand Unit: Sending, receiving and travelling

- Develop and practise kicking skills:
 - dribbling a ball with the foot;
 - kicking and trapping the ball with a partner;
 - kicking from the hand.
- Develop and practise ball-handling skills:
 - fist pass, catching and heading.

Strand Unit: Creating and playing games

- Applying simple rules to activities.

Strand Unit: Understanding and appreciation of games

- Develop problem-solving and decision-making strategies:
 - making choices.

- Yard/hall.

- Cones, beanbags, footballs and whistle.

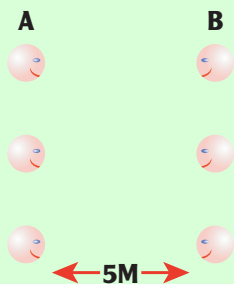
- Primary School Curriculum (1999) Physical Education, page 31.
- Buntús Cards: Kicking – On your Own (2); Kicking – With a Partner; Kicking – Forceball; Kicking – A-B-C; Kicking – Kick Squash; Travelling with a Ball – Using your feet; Travelling with a Ball – Spin Relays.



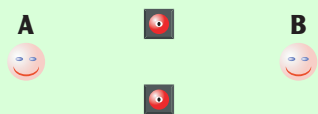
ORGANISATION

Revise skills introduced in Infants
Place the children in pairs (**A** and **B**) with one ball per pair.
The children are spread out in yard or hall.

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



Lines move further apart.



ACTIVITY

Warm up and stretching: Visit your warm up bank.

1 Dribbling

A dribbles the ball anywhere inside the area outlined.
Partner **B** follows (without the ball).
On a signal, **A** traps/stops the ball.
B takes over the dribbling instantly.
On a signal, i.e. whistle or hand clap, the children change direction.



2 Kicking and trapping

Short passing

Line **A** kicks the ball to line **B**,
B traps/stops the ball and returns.



Long Passing

Kick – Trap – Return

To make both the above more difficult place two beanbags a half-metre apart between pairs. (The children now have to pass the ball between the beanbags.)



Kicking from the hand

(Gaelic football and soccer goalkeeper)

Only included if outdoors.
A1 kicks the ball to **B1**.
B1 catches the ball and hugs it to the chest.
B1 returns.



TEACHING POINTS

- Jogging pace
- Use the inside of foot.
- Keep the ball close.
- Stop the ball by placing the ball of the foot lightly on the ball.

- Q** What happens if you do not keep the ball close while dribbling?
R It will run away from you.

Short passing

- Kick using the inside of the foot.
- Trap using the ball of the foot.

Long passing

- Kick using the instep (shoelaces) of the foot.
- Insist that the ball is trapped before the return pass is made.

- Q** Why should you trap the ball before returning it?
R To keep the ball under control.

Kicking from the hand

- Hold the ball in your hands at arms length and drop the ball onto the instep. The laces of the shoes make contact.
- Extend the foot in the direction of the target.

ORGANISATION

The lines move in close again, five metres apart.

Change balls – give each pair a light plastic ball.

The children remain in pairs as in Section 2.

ACTIVITY

3 Fist passing and catching

Fist passing

A1 passes the ball to **B1** using his/her fist.

B catches the ball and returns it.



Catching the ball

(Gaelic football and Soccer goalkeeping)

A feeds the ball by throwing using an underarm action. Partner **B** catches it and returns it by rolling it back.

A feeds the ball high then low.

Reverse roles.



4 Heading

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

Reverse roles.



TEACHING POINTS

- Clench the fist.
- Strike with the **flat** fist, i.e. the heel of the hand and the fingers.
- Keep this practice short.

- Catch the ball and hug it to the chest. The player receiving the rolling ball gets down on one knee. The ball is hugged to the chest.

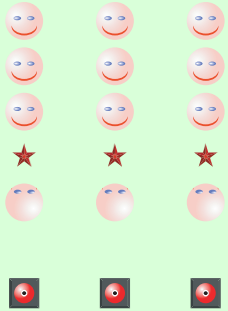
Give a high feed:

- Aim to strike the ball with the top of the forehead.
- Try to keep the eyes open.
- Have a short practice of approximately two minutes.
- High feed – continue to use light plastic balls.

ORGANISATION

Place two pairs together and line up as below, with one child as leader. Place one cone opposite each line.

Each child walks up to the mark, i.e. a beanbag, to take his/her turn to head.



ACTIVITY

5 Group Activities

(a) Heading

In turn, the leader feeds the ball to each member of the team.

Each one heads the ball back to the leader who catches it.

Having headed the ball they run to stand behind the cone.

When finished the leader also runs to the cone and holds the ball above his/her head.

(b) Dribble and pass

In turn, each child in the group dribbles to the cone and passes the ball back to their team using a pass of their choice, e.g. kick, roll or fist pass.

Repeat.

Continue to use light plastic balls for heading activity.

Change to medium weight footballs for the dribbling.

6 Cool Down

Jog, skip or walk around the area using all of the space.

Stop – stretch as high as possible, breathing in and out.

TEACHING POINTS

- Aim to head the ball straight to the leader's hand.

DEVELOPMENT

The above is a revision lesson of work carried out in Infants.

To increase difficulty offer challenges:

Dribbling:

Encourage the children to increase the speed of execution.

Passing:

How many passes can be made while keeping the ball under control?

How many passes in 20 seconds, etc.?

Heading:

Can you and your partner keep the ball live while heading? How many times?

Kicking:

Use the outside of the foot when short passing on the ground.

