

SKILL APPLICATION

Squirrels & Magpies

In pairs, Pupil 1 stands in front of 4 cones, with a ball on top of each cone. They select one ball and push the ball using a racket over a spot to Pupil 2. Pupil 2 stops the ball with their racket and turns 180° and dribbles the ball into a hoop a short distance ahead of them. They then return to their starting position. Pupil 1 then pushes the second ball to Pupil 2 and repeat. Once all 4 balls are in the hoop Pupil 2 and 1 then switch roles, placing the balls back onto the cones to start.

Pupils repeat and practice.

Teaching Points:

- Pushing action towards partner
- Eyes tracking the ball
- Ball at the tip of the racket just in front of the shoes.

Skill UP

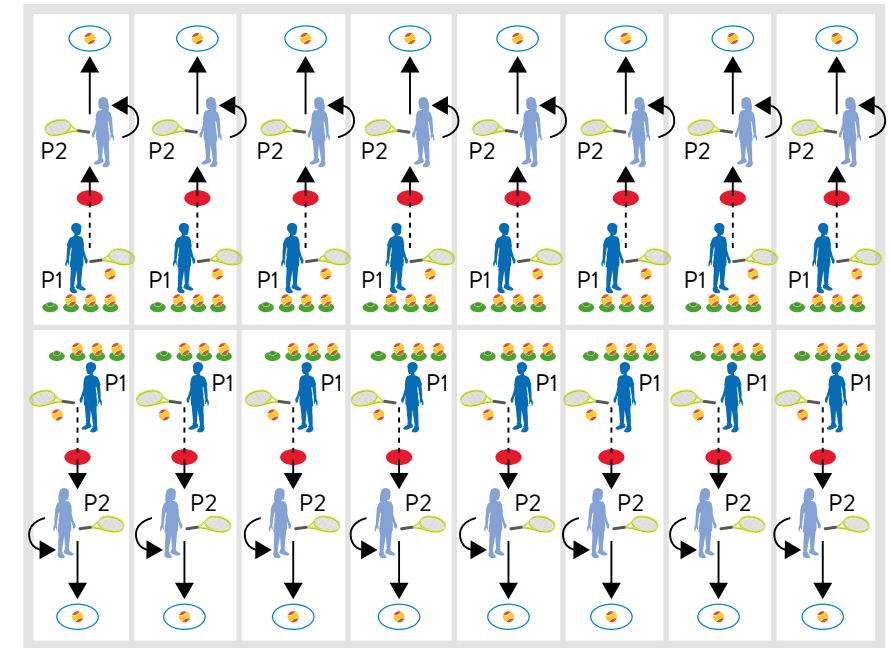
Set up as above but now in a competitive game.

- How quickly can you get the 4 balls into the hoop?
- Which team can get their 4 balls into the hoop first?





Developing racket confidence in a pairs challenge

02

Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Cones
-  Hoops

Activity set up:

