

# Event Explainer - Kicking / Ciceáil

## Kicking

Striking with the foot or kicking is a manipulative skill synonymous with many sporting activities in Ireland. Kicking a moving object, foot dribbling, trapping and punning are all components of striking with the foot. This resource pack will initially address striking a stationary object as it is the easiest to become proficient in, and can be applied to many activities and modified games. The activities used are from the Move Well Move Often booklets. Please click below.



## [Physical Literacy](#)

### Activity 1 - Through the Gate (Tríd an nGeata - Leabhar 1 lth. 178 Gluais go Maith, Gluais go Minic)

Arrange pupils in pairs with one ball per pair. Each pupil stands on a spot facing their partner who is also standing on a spot ten metres away. Set up a gate between each pair using two cones. Pupil A attempts to kick the ball to pupil B through the gate. One point is awarded for each pupil that successfully kicks the ball through the gate.

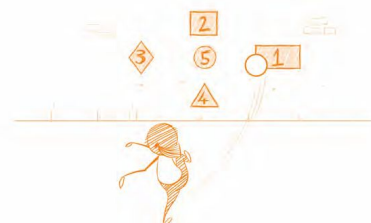
Single pupils could play the game off a wall. Increase the distance to increase difficulty. Add some targets. (ref PDST Move Well Move Often Book 1)



### Activity 2 - Kick to Score (Ciceáil le haghaidh scóir - Leabhar 2 lth 175 Gluais go Maith, Gluais go Minic)

#### Description of Activity

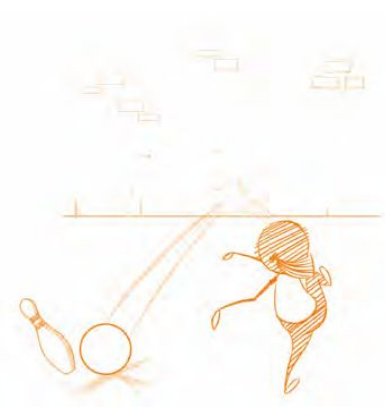
Draw or stick target areas at various heights on a wall. Points should be placed in the centre of each target from one to



five. Arrange pupils in groups of three or four. Pupils are given a score to achieve, e.g. ten. Groups must hit the targets on the wall to achieve that score. Pupils could try to score a penalty on Mom, Dad or a big brother or sister.

### **Activity 3 - Rebound Ball (Peil Aisphreabtha - Leabhar 2 lth 176 Gluais go Maith, Gluais go Minic)**

Arrange pupils in groups of four with one cone/skittle and one football each. The first pupil places their cone three to five metres from the wall within their designated playing area. This pupil then places their ball next to the skittle and kicks it, aiming to hit the skittle on the rebound. If the cone is hit, the cone is then moved one metre further away from the wall. A goal line can be set ten metres from the rebound wall. A goal is scored when a pupil has successfully progressed the cone, metre by metre, back across the goal line. Vary the equipment



(REF - PDST MWMO Book 2)

It is possible to increase or decrease the level of challenge in any task using STEP. Increase or decrease the space or distance, amend the task, change the equipment or add involve or change the people playing the game.



Links to youtube video

[https://youtu.be/0wcn\\_Ygvy8I](https://youtu.be/0wcn_Ygvy8I) Through the gate

<https://youtu.be/XCGol4Y2Txk> Kick to score

<https://youtu.be/KHoYnuwCo0c> Rebound ball