



Fundamental Movement Skill: Striking with the hand

Striking with the hand is important in a range of sporting activities including basketball, Gaelic football, netball, volleyball and handball. It involves volleying and bouncing a ball. Balloons can be especially useful when exposing pupils to striking with the hand, while soft balls are great when beginning to learn to bounce.

Here is a video clip demonstrating the skill of striking with the hand. It shows the developmental stages that children go through on their journey to mastering the skill.

<https://vimeo.com/211489384>

Activities to try at home:

- *Popcorn*
Make a ball (popcorn) by scrunching up old pieces of paper. To cook the popcorn using your hands only volley the paper ball upwards making the popcorn 'pop'. As it drops, attempt to volley it upwards again and keep the rally going and the popcorn popping. Count how many pops you can get in a row or how many you can do in a minute. Try and beat your own score. For more challenge use one hand only.
- *Dribbling*
Task your child with a variety of dribbling techniques in a non-competitive environment as follows:
 - right hand to left hand dribble – "crossovers"
 - through the legs
 - at different levels - high, middle, low.
 - backwards, forwards, sideways.
 - do the dribbles while stationary.
 - sit and stand while maintaining a dribble.
 - dribble with one hand

dribble close to the body, far away from body and around the body

Class Teacher