

# Ball skills



Physiotherapy Advice

# Ball Skills

In order to be able to throw, catch and strike (hit or kick) a ball, a child needs a sense of rhythm and timing, speed, force and flow of movement (in the classroom these skills are needed when a child is transferring work from whiteboard to desk).

Ball skills can include, but are not limited to: throwing and catching, dribbling, kicking, and aiming for a target.



Proficiency in ball skills will help the child develop:

- eye / hand coordination
- eye / foot coordination
- coordination of the whole body
- control and force of movement
- manipulation skills
- visual tracking
- anticipation
- attention
- agility
- working with others
- sense of direction
- balance whilst moving
- planning and listening

## General Ball Skills

- Start with slow moving objects, balloons, bubbles, scarves, tea towels, beanbags
- Use a variety of objects e.g. beanbag, scarves, Koosh balls, as well as balls of different size and texture

## Throwing

- Emphasis should be on aim and control
- Over and under arm throws should be practiced

## Throwing Activities

Roll a ball at a target:

- Through a goal (chair legs)
- To knock down skittles
- Along a table top (and catch before falling off either side)

Throw beanbags (or rolled up socks)

- Into different sized boxes
- Into a hoop 2m in front
- Into several objects placed around the child
- Onto a target on the wall i.e. above/below a chalk line

Bouncing

- Pat a ball on the spot with both hands, one hand, alternate hands
- Bounce ball while moving forwards, sideways, around objects

Bat and ball

- Start with large bat and slow moving ball/balloon
- Progress by including movement

## Catching

- Emphasis should be on watching the ball, hands ready, clean catch
- Start with slow objects and two handed catching
- Progress to smaller and faster objects and one handed catch

## Catching Activities

- Bursting bubbles
- Throw & catch a beach ball/balloon with a partner
- Take a step back with every successful catch
- Balloon keepy ups
- D.O.N.K.E. Y
- Bounce and catch against a wall
- Bounce, clap hands (how many times) and catch
- Introduce movement of one or both partners

