

Advice sheet

## Ball skills

Ball skills are complex and require involvement from all the senses and this is why it is an area of difficulty for many children.

Ball familiarity is important, as knowledge of how different balls react is necessary. Try dropping different balls from different heights.

Ball skills i.e. throwing and catching help improve a child's co-ordination and motor planning.

If your child has difficulty with Ball skills they may benefit from accessing Gym Trails at school. Please enquire from your child's school Senco if they run a Gym Trail.

Gym Trails is a programme delivering motor co-ordination skills and activities in primary schools across West Essex, targeting children with motor co-ordination difficulties. It is designed to improve a child's coordination and underlying postural stability and balance. It is generally delivered in school for 15 minutes at a time.

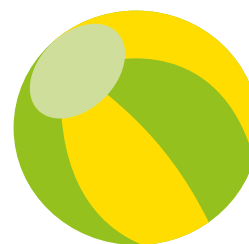
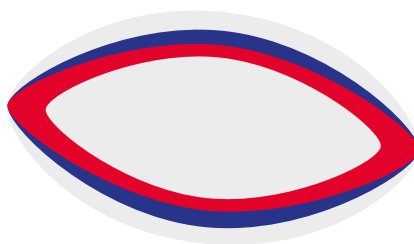
## Activities

### Rolling the ball

- Start with a larger ball and progress to a smaller ball
- Start in a sitting or lying position and roll the ball to each other
- Roll the ball, chase it and stop it
- Roll the ball, chase it and run past it, crouch down and pick up ball
- Roll the ball against a wall and stop the rebound with hands

### Catching the ball

- Practice throwing and catching using scarves and balloons as they move very slowly
- Don't stand too close as reactions need to be faster and this is more difficult
- Practice throwing beach balls or foam footballs into the air with one hand and catching with two
- In kneeling and then standing, drop ball onto floor and try to catch rebound
- Throw the ball up with two hands and catch with two hands
- Throw ball to wall, allow it to bounce, then catch it
- Throw ball to wall, allow it to bounce, then get partner to catch it



## Throwing the Ball

- Check stance for underarm throw. If right arm is used, left foot should be forwards
- Bowl a beanbag over progressively longer distances
- Throw a beanbag high into the air
- Throw a beanbag to hit a wall or target
- Throw a beanbag at skittles

## Summary

- Repeated practice is necessary
- Start with larger balls and objects. Progress to smaller, faster moving balls
- Check body position
- Provide lots of encouragement for positive reinforcement