

TEACHING BALL SKILLS

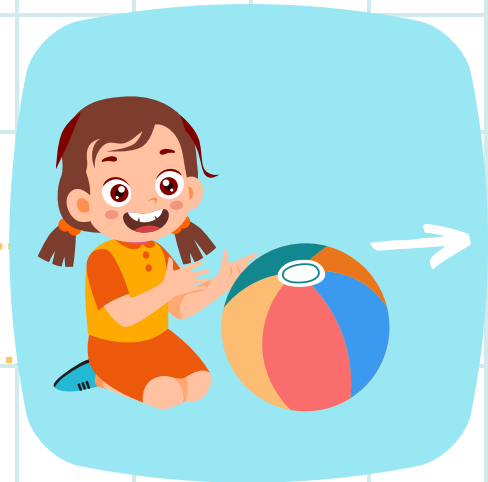


GENERAL PRINCIPLES

- Ball skills help develop hand-eye and foot-eye coordination
- They help develop body awareness and self-confidence
- Ball skills are a great way to develop turn-taking skills!
- Bigger and softer balls are easier to start

ROLLING

- Start with child sitting on the floor
- Sit behind them and use hand-over-hand to show them how to roll and trap the ball
- Try rolling to a partner, then rolling the ball to knock something over



THROWING

- Overhand is easier than underhand
- Underhand is helpful to practice aiming at a target
- Start with throwing with two hands and work towards one hand
- Experiment with bouncing!



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CATCHING

- Use the ready position: face partner, both arms out, palms facing up, looking at the ball
- Stand behind them and give hand-over-hand help if needed
- Try counting down and throwing in a large arc to make it easier to catch

KICKING

- Start with a large stationary ball or kicking over other objects (ex: tower of blocks)
- Kids typically start by walking into the ball to “kick” it
- Offer your hand or a wall for support to start
- Once they are stable, try kicking to a target (goal, knock over tower of blocks, etc)



ADVANCED BALL SKILLS

- Targeting games:
 - Velcro mitts
 - Bowling pins
 - T-ball
 - Basketball
- Ball and stick games:
 - Hockey
 - Golf
 - Baseball



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