

COORDINATION BALL SKILLS

With a tennis ball and/or a basketball/netball try some of these fun coordination ball skills. Challenge a family member to have a go too!

- ✓ Throw the ball high in the air and catch it with both hands.
- ✓ Throw the ball high in the air and catch it with one hand. Try both.

Now try these skills whilst the ball is in the air.

- ✓ How many claps can you do?
- ✓ Touch the ground before you catch the ball
- ✓ Kneel down before you catch the ball
- ✓ Turn around before you catch the ball
- ✓ Turn around and touch the ground before you catch the ball.



Can you make up your own sequence using the above? Practice it and then put on a show for your family!

- ✓ Throw the ball high up in the air in different directions. Try and catch it before it bounces. Make it challenging so you have to sprint to catch it. To make it harder catch with one hand.

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Try these different wall/ball activities from different distances 2m, 3m, 4m (1m is roughly one big step).

- ✓ Underarm throw and catch with 2 hands.
- ✓ Underarm throw and catch with 1 hand (try both!).
- ✓ Underarm throw and catch with the other hand

You can also try the above with a partner rather than a wall. If it's too easy try and side step whilst doing the movements and/or add in another ball!

Wall-ball toss test

Underarm throw a tennis ball against a wall 2m away and catch with the alternate hand. Then throw with the hand you have caught the ball with and catch with the alternate hand. How many can you do in 1 minute? Do this daily trying to beat your score.



Standing close to a wall can you overarm throw a basketball/netball and catch it with one hand? Try and get a rebound affect.



If it's too easy try and side step along the wall as you are doing it.

Partner/group game.

Standing one behind the other facing the wall. The first one in the line throws the ball against the wall and runs to the back of the line, the second person in the line catches it and throws it against the wall. Keep repeating at a fast pace until the ball drops. Try with different types of balls.



How long can you do it for without the ball dropping?