

## ★ ACTIVITY / BASIC BALL HANDLING

### FOCUS:

CATCHING, BALL HANDLING, HAND-EYE COORDINATION

### EQUIPMENT:

ONE RUBBER BALL OR TENNIS BALL PER PARTICIPANT




### DESCRIPTION:

All children with a ball and trying to follow exactly what the leader does with their ball (or instructs them to do). KEEP IT FAST & FUN.


- ▶ Throw the ball in the air to self and catch.
- ▶ Throw the ball into the ground and catch.
- ▶ Throw the ball in the air to self and catch with opposite hand.
- ▶ Yo-Yo catches. Hold the ball high with one hand, release and catch with the other hand positioned at hip height.
- ▶ Figure 8 around knees.
- ▶ SWITCH - ball between knees with 1 hand in front & the other behind. Drop the ball & switch hands to catch (with or without bounce). Add 'Gorilla Walk' by taking a step forward with each switch.
- ▶ Circle & catch - hold ball in one hand out in front, drop ball & circle around the ball before catching it again.
- ▶ Allow the participants to discover and create their own catching challenges for a minute.

- ▶ Spin the ball from right hand to left and back.
- ▶ Throw the ball in the air to self and clap. See how many claps you can do with a catch?
- ▶ Around head/waist/knees/ankles (several times in each direction)

### MAKE IT EASIER:

- ▶ Use simple movements. 
- ▶ Use a different ball.
- ▶ Let them create their own routine.

### MAKE IT HARDER:

- ▶ Use a different ball. 
- ▶ Make activities a race.
- ▶ Use more advanced movements.

