

Ball Skills

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Provide hand-over-hand assist from behind to help the child extend their arms and successfully trap the ball against their chest. Progress from physical assistance to verbal cueing and/or demonstration.

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Extend arms to trap a soft ball thrown from approximately three ft. A beach ball moves slower and is easier to catch. Progress towards increasing distances.

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Extend arms to catch a medium-sized bouncy ball.

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Throw different sized balls (e.g. soccer ball, tennis ball or a bean bag) in various ways, (overhand, underhand, rolling). Progress towards increasing force and accuracy of throw.

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Throw balls, bean bags etc. into bins/ boxes. Game idea: make a clown or animal face out of a cardboard box. Cut out holes for the eyes nose etc. to use as targets.

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Roll a ball to knock bowling pins down.

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Bounce and trap ball with two hands.

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Dribble ball with one hand. Progress to dribbling using alternating hands, or while walking and/or running.

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Kick a medium-sized ball focusing on increasing force and accuracy of kick.

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Kick a ball between two people.

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Run and kick a ball without stopping.