

SKILL BALL

# ball drop

1



## KEY AREAS OF PHYSICAL DEVELOPMENT

- Acceleration, balance, agility, hand speed, tracking, judgement, catching.

## SET UP

- Pair players up. Hand out 1 ball to each pair.
- Players face each other 4-5m apart.

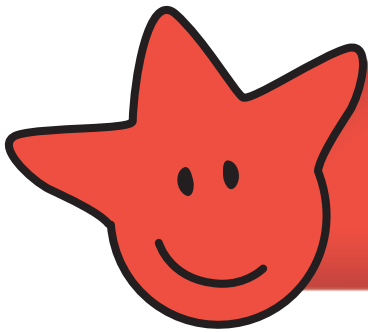
## INSTRUCTIONS

- Player one holds the ball at head height and drops the ball. As soon as the ball is dropped player two sprints forward in an attempt to catch the ball on the first bounce. Player two must adjust, react, and respond to the bounce of the ball.
- Player two attempts 5 catches in a row returning to the starting cone immediately after retrieving the ball.

- A point is awarded for each successful catch and a score out of 5 is awarded. Players then swap roles and repeat the exercise. This competitive aspect ensures students play at 100% effort.
- Adjust the distances between players if they are finding it too easy or too difficult to catch the ball. A player that is retrieving the ball easily should start a step further back and a player that is struggling to get near the ball should be moved closer.

## KEY TEACHING POINTS

- Be sure that player one does not drop the ball until player 2 has returned to the starting point and is stationary.
- Soft hands.
- Fast feet to get to the ball.



SKILL BALL

# throw'n'catch

# 2



## KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Tracking, judgement, throwing and catching.

## SET UP

- ▶ Pair players up. Hand out 1 ball to each pair.
- ▶ Players face each other 2-5m apart.

## INSTRUCTIONS

- ▶ Players throw and catch the ball to each other.
- ▶ Use an underarm throw and aim for the catchers' waist.

- ▶ Throwing variations to try as skills improve include:

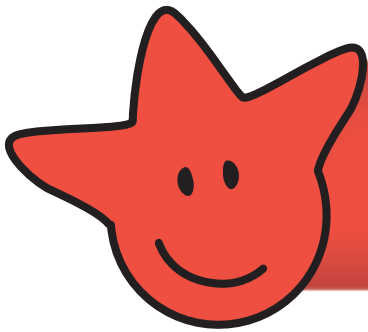
- High throw with the ball being caught above the eye-line.
- Low throws with the ball being caught below the knees.
- Right hand throw, right hand catch.
- Left hand throw, left hand catch.
- Increase distance between throwers.

- ▶ Progress to throw bounces. Here player 1 throw bounces the ball off the ground towards player 2.

- Aim for the ball to bounce up so player 2 can take the ball on the first bounce.
- Player 2 uses quick feet and fast hands to react to the path of the ball and make the catch.

## KEY TEACHING POINTS

- ▶ Soft hands.



## KEY AREAS OF PHYSICAL DEVELOPMENT

- Balance, agility, hand speed, tracking, judgement, catching.

## SET UP

- 1 ball per player (1 ball between 2 players if there are not enough balls for 1 each).

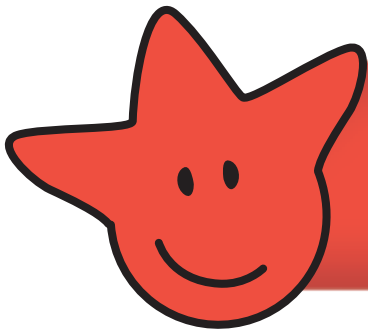
## INSTRUCTIONS

- Players throw the ball into the air, letting it bounce off the ground and catch the ball on the first bounce. Throw, bounce and catch sequence.
- One point is awarded for each successful bounce and catch.
- Players collect as many points as possible during 1-2 minutes of activity.

- If the ball is shared between 2 or more students, simply take turns at the activity.
- Progressions and skill variations for this activity include:
  - High bounces.
  - Low bounces.
  - Right hand catch.
  - Left hand catch.
  - Throw the ball high in the air and spin around before sighting the ball and catching on the bounce.
  - Cover one eye and with one hand to challenge vision and eye tracking.

## KEY TEACHING POINTS

- Feet shoulder width apart, bent at the knees for good balance.
- Soft hands.
- Fast feet to get to the ball if it bounces away.



SKILL BALL

# spin'n'catch

4



## KEY AREAS OF PHYSICAL DEVELOPMENT

- Acceleration, balance, agility, hand speed, tracking, judgement, catching.

## SET UP

- Pair players up. Hand out 1 ball to each pair.
- Players stand 3-4m apart.
- Player one holds the ball at head height. Player two stands with their back to player 1.

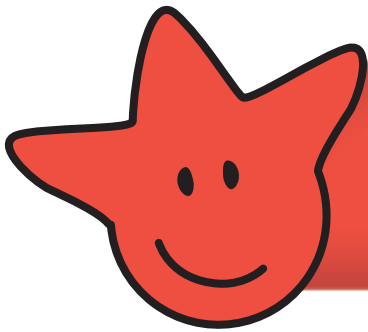
## INSTRUCTIONS

- On the command "GO" player one throws the ball straight down at the ground.
- Player two quickly spins and attempts to retrieve the ball on the first bounce.
- Player two attempts 5 catches in a row returning to the starting cone immediately after retrieving the ball.

- A point is awarded for each successful catch and a score out of 5 is awarded. Players then swap roles and repeat the exercise. This competitive aspect ensures students play at 100% effort.
- Adjust the distances between players if they are finding it too easy or too difficult to catch the ball. A player that is retrieving the ball easily should start a step further back and a player that is struggling to get near the ball should be moved closer.

## KEY TEACHING POINTS

- Be sure that player one does not drop the ball until player two has returned to the crouch position and is stationary.
- Fast feet to get to the ball.



SKILL BALL

# wall throw

5



## KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Throwing and catching, reactive speed, tracking, judgement.

## SET UP

- ▶ Pair players up. Hand out 1 ball to each pair.
- ▶ Both players stand 5-6m away from a wall facing forward.
- ▶ 2-3m gap between players.

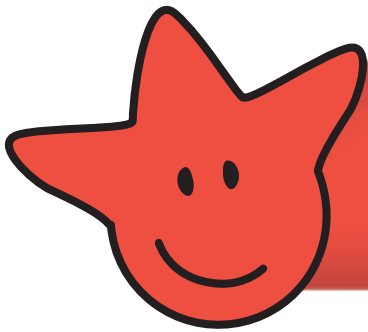
## INSTRUCTIONS

- ▶ Player one throws the ball into the ground and at the wall.
- ▶ Player two catches the ball as it bounces back off the wall.
- ▶ Players use quick feet, fast hands and jumping to react to the path of the ball and make the catch.

- ▶ The harder the ball is thrown the further it will bounce off the wall.
- ▶ The difficulty of the exercise is somewhat determined by how far away the players stand from the wall. If a player is struggling to make many successful catches simply move them a step further back from the wall to give them more time to pick up the path of the ball.
- ▶ Progressions and variations:
  - Right hand catch.
  - Left hand catch.

## KEY TEACHING POINTS

- ▶ Soft hands.
- ▶ Fast feet to get to the ball.
- ▶ Stay in a half crouch balanced position on the balls of the feet.



SKILL BALL

# patter tennis

6



## KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Hand co-ordination, tracking, judgement.

## SET UP

- ▶ Groups of 3-4 players.
- ▶ 1 ball for each group.
- ▶ Use cones or lines on the ground to make a small 1-2m square court for each group.
- ▶ Players start standing on a corner in a half crouch ready position.

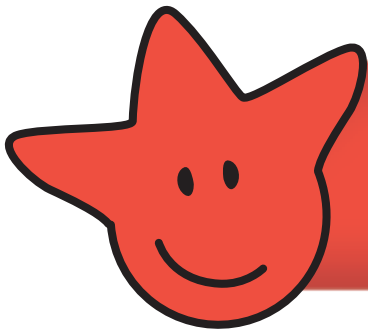
## INSTRUCTIONS

- ▶ This is a simple game where players play patten tennis with the ball.
- ▶ The aim is to keep the ball in the square by patting with their hands back into the middle.

- ▶ The player closest to the ball pats the ball on the first bounce.
- ▶ The ball must stay in the square and no player may pat the ball twice in a row.
- ▶ Start with all players using two hands cupped together.
- ▶ Progress to one hand patten tennis when skill levels allow.

## KEY TEACHING POINTS

- ▶ Stay in a half crouch balanced position on the balls of the feet.
- ▶ Fast hands and fast feet to get to the ball.



SKILL BALL

# up'n'catch

7



## KEY AREAS OF PHYSICAL DEVELOPMENT

- Acceleration, balance, agility, hand speed, tracking, judgement, catching.

## SET UP

- Pair players up. Hand out 1 ball to each pair.
- Players stand 3-5m apart.
- Player one holds the ball at head height. Player two starts in a crouch position.

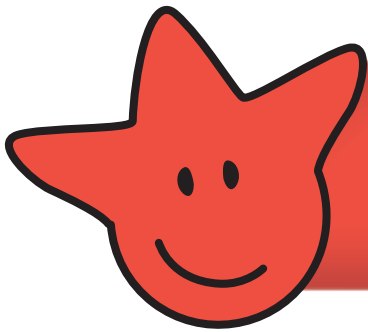
## INSTRUCTIONS

- On the command "GO" player one throws the ball straight down at the ground.
- Player two quickly gets up and attempts to catch the ball on the first bounce.

- Player two attempts 5 catches in a row returning to the starting position immediately after retrieving the ball.
- A point is awarded for each successful catch and a score out of 5 is awarded. Players then swap roles and repeat the exercise. This competitive aspect ensures students play at 100% effort.
- Adjust the distances between players if they are finding it too easy or too difficult to catch the ball. A player that is retrieving the ball easily should start a step further back and a player that is struggling to get near the ball should be moved closer.

## KEY TEACHING POINTS

- Be sure that player one does not drop the ball until player two has returned to the crouch position and is stationary.
- Fast feet to get to the ball.



SKILL BALL

# roll'n'grab

8



## KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Hand co-ordination, balance, reactive speed, tracking, judgement

## SET UP

- ▶ Pair players up. Hand out 1 ball to each pair.
- ▶ Both players sit facing each other 3-4 m apart.
- ▶ Sit with legs apart in a V shape.

## INSTRUCTIONS

- ▶ This is a simple fun game for younger students to develop tracking and grabbing skills.
- ▶ Player one rolls the ball along the ground to player two.

- ▶ Player two judges the balls movement and grabs the ball before it hits their legs or body.
- ▶ Player two rolls the ball back to player one and repeats.
- ▶ Start with all players using two hands cupped together.
- ▶ Progress to one hand grabs when skill levels allow.
- ▶ Older students may keep score of successful grabs to add competition to the activity.

## KEY TEACHING POINTS

- ▶ Ensure the ball is rolled along the ground under arm and not thrown.
- ▶ Watch for players rolling the ball too fast.
- ▶ Fast hands to grab the ball.