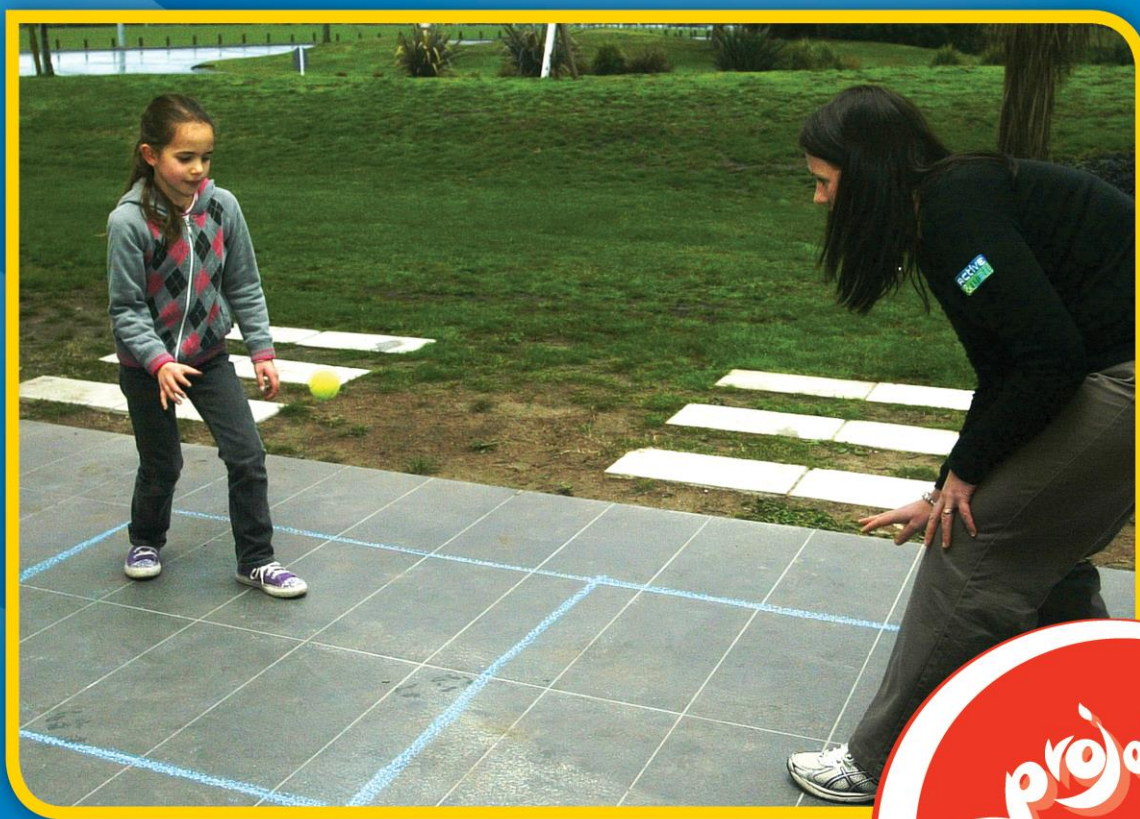


SMALL BALL SKILLS FOR PARENTS & CHILDREN



Most families have a tennis ball or small ball lying around home that can create hours of fun for the whole family or the opportunity for your child to get outside and practice the skills of throwing and catching whilst setting up challenges for themselves.

The following activities and games have been designed to provide you with helpful tips that you can provide to your child that will help in their fundamental skill development.

THROWING A BALL (OVERARM)

Look for:

- Stand side on to target
- Throwing arm moves back behind body at about head height
- Rotation of hip and shoulder towards target
- Weight transferred by stepping forward or moving weight onto foot opposite throwing arm
- After ball release the throwing arm follows through down and across body



THROWING A BALL (UNDERARM)

Look for:

- Stand front on to target
- Throwing arm moves back behind body at about waist height
- Weight transferred by stepping forward or moving weight onto foot opposite throwing arm
- The throwing arm comes straight through alongside of the body with the ball being released just before the arm gets to full extension



CATCHING A BALL

Look for:

- Preparation phase where elbows are flexed and hands are in front of body.
- Fingers spread
- Arms extend ready for ball contact
- Ball is caught and controlled by hands only.
- Elbows bending to absorb force.



EXPLORING THROWING

A small ball can be thrown in two ways. Underarm when close to a target or overarm for distance.

It is important to practice both techniques as they have their own unique advantages in different game situations:

UNDERARM

- With your child roll the ball along the ground
- Place down markers that the ball has to roll between

OVERARM

- Throw the ball with your child over a greater distance of approximately 10 metres

At a park have a throwing challenge to see who can get the greater distance.



EXPLORING CATCHING

The focus for these activities is to explore and gain experience when catching a small ball. Practice the following:

- By themselves
 - Drop it and catch it after it has bounced
 - Drop it and catch it before it bounces
 - Throw it up in the air and catch it
 - Throw the ball at a fence and catch the rebound
- Throw the ball with your child
 - Catch a ball thrown low/high
 - Make 5-10 catches without dropping the ball
 - Catch as many times as possible in 30 seconds

Move further apart and still catch



TARGET THROW (COCONUT SHIE)

Once your child has explored throwing they will want to practice it further. The use of targets will assist them to gain more accuracy with their throws. Have a go at the following challenges:

UNDERARM

- Take turns rolling at a wall target or set up empty milk bottles as targets and record a score
- Set up a goal and take turns trying to roll it past the defender from 5 metres.
- Change roles after 5 turns.
- Underarm throws into a bucket or recycling bin.
- First to get 5 in or after each success take one step back until you reach a set point.



OVERARM

- Make a target and hang it on the fence.
- Take turns and see how many successful hits each of you get out of 5 throws
- Place an empty milk bottle in the middle of you (10 metres from each pair).
- Take turns to throw the ball at the target.
- Award 2 points for a hit and 1 point for catching the ball from a miss after it has bounced.
- First to 10 points wins!

EGG CATCHING

Discovering and learning through play is important. Having explored catching challenge your child with the following activities:

- With your child, stand 2 metres away.
- Throw the ball to your child and have them throw it back.
- If you both successfully catch the ball, get your child to take one step back.
- If a ball is dropped return to the start position.
- Try to beat the amount of steps you were able to take back or stay in the circle they are in.

Note: Use underarm throws initially then progress to overarm throws as the distance becomes greater.

- Stand 3 metres apart.
- Take turns throwing the ball to each other.
- Throw the ball at different heights and to different sides of the person to practice all catching situations.
- Each time the ball is dropped the person receives a letter that eventually makes a word for example D-O-N-K-E-Y.
- When someone gets their 6th letter they lose.
- Start again using a different word.



CATCH IT

This game can be played with 2 or more members of the family:

- Mark two zones of the same size on the ground 10 metres or more apart.
- Have the same number of family members stand in each zone
- The ball is thrown to attempt to hit the ground in the other teams zone
- A point is scored for achieving this or for catching the ball on the full when the other team has thrown it.
- The size of the zones can be increased/decreased based on the number of players to make it more challenging



