

## Ball Skills

Ball skills help to develop hand-eye coordination, bilateral skills, timing, sequencing, motor planning, attention, and social engagement. Consider size, texture, bounce, colour of ball/object, distance, positioning to promote success and progress skill.

- **Throwing:** may need to start with rolling; 2 hands; 1 hand; underhand/overhand; to target (peer, wall, basket, bin, hanging hula hoop, pins)
- **Catching:** Into hula hoop/bucket/bin/hands; sitting (into lap); tall-kneeling; standing (with peer or throw against wall). Move object to check for visual focus/tracking prior to throwing. Progress by throwing (or rolling) further away from center of body to work on visual tracking and body adjustments to the object
- **Popcorn:** Toss up and catch. (Increase height, count #, clap hands before catch)
- **Dribbling:** Bounce catch; 2 hands/one hand/alternating/ with partner; while moving; around obstacles/along pathway
- **Kicking:** stationary (may need balance support); alternate feet; against wall; walking-create a pathway for ball using bench and wall; provide target (goal/pins); passing back and forth; dribbling ball around obstacles/pathway



Find ways to make it fun and out of the ordinary!