



## Soccer throw using a big ball

## EXPLANATION SECTION

## 1 SKILL EXPLANATION

- Child stands facing forward with their feet slightly apart
- Child holds a big ball with both hands and held behind their head but not touching the neck
- Child throws the ball over their head to the Adult standing 5m in front of them without a bounce
- Adult catches the ball and underarm throws it back to the child to catch without a bounce
- Continue activity for 4 minutes

## 2 HOW TO DO @HOME

Swap the big ball for a fluffy toy. Throw and catch in an open space like the bedroom or beside the dining room table

## 3 DEVELOPMENTAL BENEFITS

- Directionality
- Gross motor co-ordination
- Bilateral integration

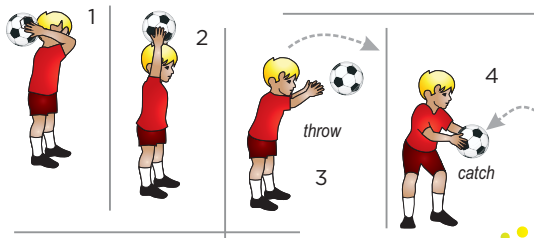
## DIAGRAM SECTION

## 4 EQUIPMENT USED



Big ball

## 5 SKILL DIAGRAM



CATEGORY:

MANIPULATION

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Catch a small ball with two hands

## EXPLANATION SECTION

### 1 SKILL EXPLANATION

- Child stands facing forward with their feet slightly apart
- Child holds a small ball with their dominant hand
- Child underarm throws the ball to the Adult standing 3m in front of them without a bounce
- Adult catches the ball and underarm throws it back to the child to catch without a bounce
- Continue activity for 4 minutes

### 2 HOW TO DO @HOME

Swap the big ball for a fluffy toy. Throw and catch in an open space like the bedroom or beside the dining room table

### 3 DEVELOPMENTAL BENEFITS

- Hand-eye co-ordination
- Tracking

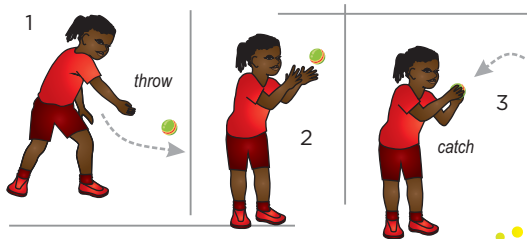
## DIAGRAM SECTION

### 4 EQUIPMENT USED

Small ball



### 5 SKILL DIAGRAM



CATEGORY:

MANIPULATION

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## Tennis forehand

## EXPLANATION SECTION

## 1 SKILL EXPLANATION

- Child stands with a small ball in their NON-dominant hand straight in front of the body
- The same foot steps forward
- Child lifts dominant hand holding a plastic plate or just a flat hand
- Child drops the small ball allowing it to bounce
- Child hits the back of the ball when it is at waist height with the plate or the palm of the hand
- Continue activity for 4 minutes

## 2 HOW TO DO @HOME

Swap the big ball for a balloon or a beach ball. Use the space in the passage-way. There is no bounce so hit the side of it once it is dropped from the hands

## 3 DEVELOPMENTAL BENEFITS

- Directionality
- Gross motor co-ordination
- Crossing the midline

## DIAGRAM SECTION

## 4 EQUIPMENT USED

Small ball  
Plastic plate



## 5 SKILL DIAGRAM



CATEGORY:

MANIPULATION

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## Overarm throw a small ball

## EXPLANATION SECTION

## 1 SKILL EXPLANATION

- Place 2 markers 5m apart
- Place a target (plastic bowls stacked on top of each other) 5m at the 2nd marker
- Child stands sideways with small ball held at the ear and the other hand pointing at the target
- Child overarm throws the small ball at the target
- Child to holds the ball using 3 fingers (thumb/pointer and middle finger)
- Continue activity for 4 minutes

## 2 HOW TO DO @HOME

Swap the small ball for a soft fluffy toy. Place a dining room chair to the side of the room as a target. Overarm throw the fluffy toy at the chair

## 3 DEVELOPMENTAL BENEFITS

- Bilateral integration
- Laterality
- Gross motor co-ordination
- Crossing the midline

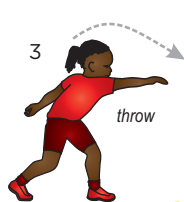
## DIAGRAM SECTION

## 4 EQUIPMENT USED



Big ball  
Plastic bowls  
2 markers  
(paper plates or  
cups placed  
up-side down)

## 5 SKILL DIAGRAM





Run - bend/pick up - throw

## EXPLANATION SECTION

### 1 SKILL EXPLANATION

- Draw a chalk circle or use a piece of string to create a circle (approx 50cm)
- Place a marker 8m to the left side of the circle and a big ball between the marker and the circle
- Child runs from the marker toward the circle and picks up the big ball as they move past it to the circle
- At the circle the child underarms throws the ball as far forward as possible

### 2 HOW TO DO @HOME

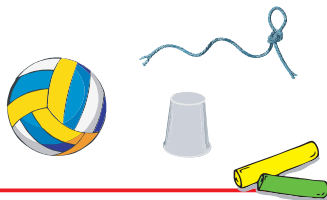
Swap the small ball for soft fluffy toy. The dining room works well for the activity. Stand at a corner of table and place the fluffy toy on the floor. Jog around the table. On the 2nd time round the table, pick up the toy and continue to jog round the table. As the child returns to the start point, they stop and gently underarm throw the fluffy toy forward along the length of the table

### 3 DEVELOPMENTAL BENEFITS

- Foot-eye co-ordination
- Gross motor co-ordination
- Motor planning
- Dynamic balance

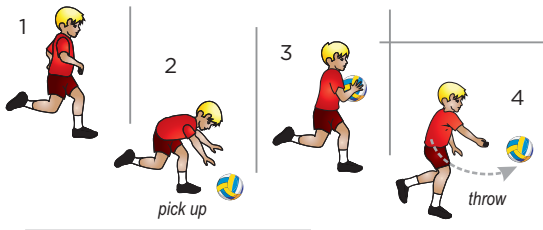
## DIAGRAM SECTION

### 4 EQUIPMENT USED



Big ball  
Chalk or string  
1 marker  
(paper plate or  
cup placed  
up-side down)

### 5 SKILL DIAGRAM



CATEGORY:

MANIPULATION

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