

BALL SKILLS



Catching

is a receptive manipulative skill that involves the receipt of an object. It is one of the more difficult fundamental skills.

- Three year old children can catch a large soft ball on their extended arms, progressively a smaller ball can be caught in their hands as children reach five years of age.

Tips:

- Prepare to catch by holding both hands in front of the body and elbows softly bent.
- Stretch the arms in front to reach for the ball as it arrives.
- Catch the ball in the hands only, not the forearms.

Games to play:

See Activity plan 31 - Balloon catching.

See Activity plan 32 - Catchy rounders.



Kicking

is a manipulative skill that involves applying a pushing force to an object to propel it.

- By three years of age children can kick a stationary ball forcibly.
- Strength and direction of kick increases with age.

Tips:

- Move quickly towards the ball.
- Take a long step or leap just before ball contact.
- Make sure the non-kicking foot is placed even with or slightly behind the ball.
- Kick the ball with the shoelace area of the foot or the toe and as hard as they can.

Games to play:

See Activity plan 33 - Kicking game.

See Activity plan 34 - Soccer skittles.



Overarm throwing

is a manipulative skill that requires applying a pushing force to an object to propel it.

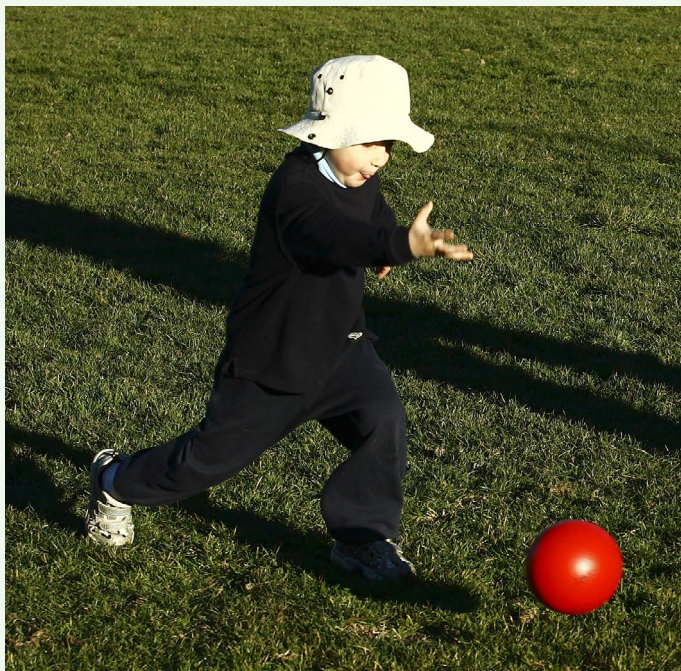
- By three years of age children can throw overarm.
- Direction and strength increase with age.

Tips:

- Wind-up is initiated with a downward movement of the throwing hand/arm.
- The child then rotates their hips and shoulders to a point where the non-throwing side faces the target.
- The child's weight is then transferred by stepping onto the foot that is opposite the throwing hand.
- The throwing hand and arm then follow through beyond ball release in a diagonal movement across the body toward the non-throwing side.

Games to play:

See Activity plan 35 - Snowball clean up.



Underarm rolling

is a manipulative skill that involves applying a pushing force to an object to propel it along the ground.

Tips:

- Swing the rolling hand back and down reaching behind the trunk while the chest and head faces forward.
- Step forward with opposite foot to the rolling hand.
- Bend the knees to lower the body.
- Release the ball close to the floor so it does not bounce, bend at the knees not the hips.

Games to play:

See Activity plan 36 - Tunnel balls.

See Activity plan 37 - Skittles.



Striking a stationary ball

is a manipulative skill that involves applying a pushing force with a bat to propel an object into the air. This is the most difficult fundamental movement skill to achieve.

Tips:

- The dominant hand grips the bat above the non-dominant hand.
- The non-preferred side of the body faces the imaginary bowler with the feet parallel.
- The hips and shoulders rotate during the swing of the bat.
- Transfer the body weight to the front foot.
- Swing the bat and hit the ball.

Games to play:

See Activity plan 38 - Batting a ball.