

# Skill development - Ball Skills

**Ball skills** - this simple games help players who have different abilities to develop ball skills together in the same group

## **Age Range**

School age/young people

## **What you need**

- A variety of balls, for example, different sizes, densities, textures; also include some alternatives, for example, small soft pillows, bean bags, paper balls.

## **How to play – game basics**

### **Variation 1: Catch Up**

- The group begin in a seated circle formation, facing inwards. They hand various small balls and easy to grasp objects around the circle.
- The players pass these in different ways, for example, 2-handed grip into 2 hands, one handed to 2 hands etc. Using 2 or more objects players pass the objects trying to avoid getting caught, so playing speeds up!
- The players progress to rolling the ball to others in the circle, perhaps saying the name of the person receiving.

### **Variation 2: Against the clock**

- In a second group, players work in pairs, progressing from handing balls to each other, to rolling, and finally passing by throwing. Again, they can begin with 2-handed rolling or passing to 2-handed catch then move towards 1-handed throws and catches.
- How many successful passes can they make in 10, 20, or 30 seconds!

### **Variation 3: 'Wall tennis'**

- In pairs, the players move towards sending and trapping the ball with other parts of the body. For example, kicking, striking with the hand. Players progress to taking turns at kicking or striking a slow-moving ball against a wall.

## **Something to think about**

To create a sound ball, wrap any ball in a plastic bag and tape up; as it rolls on the ground it crackles.

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BESO can be applied to adapt or modify the activity as in these examples.

## **tegeBar (Task)**

- Begin by developing ball skills from a static position and then gradually introduce movement.

## **hEzebe (People)**

- Some players will quickly progress through different versions of an activity. Others may remain with a specific version and develop skills within that setting.

## **quSaquse (Equipment)**

- Some players may find it easier initially to throw a smaller-sized ball but use a larger ball to catch. As their skills improve then a same-sized ball can be used for both throwing and catching.
- In kicking and striking activities, introduce small tee or marker disc on which to balance the ball; as players improve, they can progress towards kicking or striking a moving ball.

## **bOta (Space)**

- In sending and receiving, vary the distance between the sender and the receiver to challenge accuracy and/or give children more reaction time.

## **Safety**

- Players must be alert and watch for the ball

## **How to improve**

- Develop skills in games with just a few players; this gives individuals more ball time and speeds up skill development.

## **Extension game – Ball skill relay**

- In teams, players cover a distance by carrying the ball in different ways; for example, holding ball in both hands, in one hand, bouncing the ball, or tossing and catching as they move.
- The distance each player covers can be varied according to ability.
- Players can use different size balls to suit their abilities; for example, a bouncing a smaller ball can challenge some individuals.