

Our Top Tips!... Ball Skills

Balls come in so many different shapes and sizes don't they? They're in so many different sports too - you've got basketball, football, tennis, table tennis...the list goes on! Here are some ideas on where to begin...

Throwing and catching

Use a large and light object to practice throwing and catching, maybe a balloon or a beach ball. This will give you more chance to get ready to catch it!

Once you get really good with a large and light ball, then try practicing with a bean-bag or koosh ball.

When you are an expert with these, move on to something smaller and more difficult, such as a tennis ball.

Practice every day!

Target practice

Practice your aiming with games like skittles or basketball. Even try throwing screwed up pieces of paper into a bin!

Racket games

Start with a balloon and a racket. Like throwing and catching, this will give you more of a chance to hit it. The Velcro bat and ball game is also really fun, and a great place to start. Or 'junior swing ball' will give you lots of practice.

