

# Ball skills



Choose yourself a ball, big or small.

Can you complete all of these challenges?

1. Throw and catch the ball 10 times in the air with both hands.
2. Close your eyes and try the same thing, throwing and catching the ball.
3. Throw and catch the ball 10 times with your right hand and then left hand.
4. Bounce the ball with both/ one/ alternating hand 10 times each.
5. Pass the ball around: one leg, the other leg, both legs, your tummy and your head.

6. How long can you balance the ball on different body parts? E.g the back of your hand, knee, foot etc
7. Create a target on either a wall or a cup or bottle. How many times can you hit it out of 10?
8. Put some objects on the floor and dribble the ball in and out of them.
9. Hold the ball in two hands and see how many times you can sit down on the floor and stand up without dropping the ball.
10. If you have access to a wall or outdoor space, have a penalty shoot out.