

Ball Skills and Balance Skills

Quick reference
SHEET #9

Why do some learners have difficulty with ball skills?

- Difficulties with visual skills
- Visual – motor integration (eye and foot / eye and hand)
- Planning skills
- Understanding the rules of the game
- Negotiating movements and actions when others are around
- Listening to instructions
- Balance
- Standing on one leg

- ✓ One to one or small groups are easier to engage than playing in larger team games
- ✓ Explain the rules of the game to the learner and what the different roles are
- ✓ Pairing a good thrower and catcher with a weaker learner can be good for both

How can you help?

- ✓ Try activities to start with where either the learner or the ball are static e.g. throwing, catching or kicking a stationary ball on the spot
- ✓ Practise throwing balls where the learner is in a stable position e.g. sitting down and rolling the ball to another person
- ✓ Move on, when ready to activities where both the learner and the ball are moving (dribbling a football)
- ✓ Use items other than balls for throwing and catching e.g. bubbles, balloons and scarves
- ✓ Use catchers such as a scoop or Velcro pad to increase the surface area for catching
- ✓ Balloons are useful to play with as they move more slowly
- ✓ Use sound prompts to aid position of the ball e.g. placing a bell in the balloon

