

## TOP TIPS FOR BALL SKILLS!

Learning to throw and catch a ball can be really tricky when you first start trying!

Here are some top tips to help you get going:



*Start at a level that the child can achieve and then slowly increase the level of difficulty so that the child is stretched slightly each time, but does not lose confidence.*

*Give lots and lots of praise and encouragement!*

**Try using balloons, beach balls, foam balls, and floaty scarves—these will all move more slowly and give the child time to catch up with them!**



**If it takes time—  
don't worry!**

**Be positive and  
practice lots**

**Learning ball skills will help with lots of other skills too, such as hand-eye coordination, motor planning, and bilateral integration**



## *One step at a time....*



Sit opposite each other on the floor with your legs stretched wide—roll a ball across the floor between you. This teaches the child important turn-taking and cause-and-effect skills!

Catch a large ball with both hands—throw the ball underhand and encourage the child to catch the ball by wrapping their arms around the ball and cradling it to their chest. This helps to increase the likelihood of a successful catch! Add to the difficulty as the child progresses by asking them to hold their hands further out from their body each time that you practice together.

Dropping and catching a ball with two hands—using a tennis ball, ask the child to drop it from waist height. This provides a smaller and more manageable bounce!

Dropping and catching a ball with one hand—once your child can do this using two hands, challenge them to have a go using one hand!

Practice throwing by using a beanbag and a target (hula hoop or carpet tile) - as the child improves, reduce the size of the target or move it further away to increase the challenge!

### **Mixing it up to keep it interesting!**

**You can change the difficulty and level of challenge by:**

**Changing the size of the ball—a smaller ball will be harder to catch**

**Changing the distance—moving further away makes it more of a challenge for the child**

