



Ball Skills & Hand-eye Coordination Activities

*Ball skills are important when it comes to hand eye coordination skills & the development of these important skills can be useful in the school environment with classroom activities.

- Catching a ball (playground balls and tennis balls) – start with larger ball by throwing or bouncing ball directly to child. As skills improve – throw into the air or to either side to make it more difficult.
- Throwing a ball – throw underarm, overarm and chest passes – progress to throwing through a hoop or at a target.
- Dribbling – Start with larger ball and progress to tennis ball, 1 hand at a time 10x in a row, then alternate hands 10x in a row.
- Kicking a ball – Kick stationary ball and progress to a rolled ball, or kick at a target/goal.
- Hit a ball – Hitting a stationary ball off of a tee with the hand or bat, progressing to a moving ball.
- Balloon games – Hitting with hand and keeping it in the air.
- Beanbag toss – Throw underhand/overhand at a target.

