

Playground Ball Activities

Outcomes

- I can kick a stationary ball using 2 of 4 cues.
- I can kick a stationary ball using 4 of 4 cues.
- I can roll a ball at two different speeds.

Teaching Hints

1. Give each student a ball.
2. Have students spread out on the playground and/or in their zone.
3. Assign students two or three activities to practice so you have time to move and help them.
4. Alternate activities from each of the categories so students receive a variety of skills to practice.

Skills and Activities:

1. Rolling and Bowling Skills - Practice rolling and bowling at a wall or fence.

- Have students spread out on the playground.
- Use a two-handed roll. Stand with a wide straddle stance and roll between legs.
- Roll the ball with one hand. Use both left and right hands.
- Roll the ball and put spin on the ball so it curves to left or right.
- Roll the ball through human straddle targets.
- Start rolling at moderate stances and gradually increase as bowlers become more proficient.

2. Controlled Rolling and Handling in Place

- In a wide straddle position (other possible positions are seated with legs crossed or outstretched, and push-up position), place

the ball on the floor, and roll it with constant finger guidance between and around the legs.

- Roll the ball in a figure-eight path in and out of the legs.
- Reach as far to the left as possible with the ball and roll it in front of you to the other side. Catch it as far to the right of the body as possible.
- Turn in place and roll the ball around with one hand in a large circle.
- With the back moderately bent, release the ball behind the head, let it roll down the back, and catch it with both hands.

3. Bounce and Catch

- Two hands, one hand.
- Bounce at different levels.
- Bounce between legs.
- Close eyes and bounce.
- Dribble ball in a stationary and/or moving position.
- Dribble and follow teacher commands, such as move forward, backward, in a circle, or sideways, while walking, galloping, trotting, etc.

4. Toss and Catch

- Toss and catch, vary the height.
- Add various challenges while tossing (i.e., touch floor, clap hands, turn, sit down).
- Toss and let bounce. Also add some challenges as above.
- Toss and catch behind back, toss from behind back and catch in front of body.
- Create moving challenges (i.e., toss, run 3 steps and catch, toss and back up 3 hops and catch)

Playground Ball Activities

- Toss upward and catch the descending ball as high as possible, then as low as possible. Work out other levels and create combinations. Catch with crossed arms.
- From a seated position, toss the ball to self from various directions. Toss with the feet.
- Practice catching by looking away after tossing the ball upward. Experiment with different ways of catching with the eyes closed.

5. Foot Skills

- Put the toes on top of the ball. Roll the ball in different directions, keeping the other foot in place but retaining control.
- Use a two-foot pickup, front and back. This is done by putting the ball between the feet and hoisting it to the hands.
- From a seated position with legs extended, toss the ball with the feet to the hands.
- While lying on the floor, hold the ball between the feet. Try to bring the knees to the chest and then return to the starting position without losing control of the ball. Try bringing the ball to a point directly over the body. Next, with the arms out to the sides for support, touch the floor with the ball on the left and right sides of the body.
- In a supine position, hold the ball on the floor above the head. Do a curl-up, bring the ball forward, touch the toes with it, and return to supine position.
- Drop the ball, and immediately trap it against the floor with one foot. Try to bounce 11 with one foot.

6. Dribbling Skills

- Dribble the ball first with both hands and then with the right and the left. (Stress that the dribble is a push with good wrist action. Children should not bat the ball downward.) Use various number combinations with the right and left hands.
- Dribble under the legs and back around the body. Kneel and dribble. Go from standing to lying, maintaining a dribble. Return to standing position.
- Dribble the ball at different levels and at various tempos.
- Dribble without looking at the ball. Dribble and change hands without stopping the dribble. Dribble with the eyes closed.