

# Ball Skills

## Lesson Plan

Teacher has bucket of small sponge balls and distributes one to each child.

Teacher leads pupils in simple exercise. Throw ball up into the air and catch it again.

*It will be clear which pupils are comfortable with this activity, the weaker child only barely throwing the ball at all.*

Teacher places bucket in middle of floor and draws a chalk circle of diameter approx. 2 metres.

- Can all pupils successfully throw ball into the bucket?

When this is done, teacher draws larger circle and the throwing game continues.

- To change the game, teacher lies bucket on its side and pupils must roll the ball into the bucket from a given point.
- Pupil must now run past the bucket and drop the ball into the bucket without stopping.

## Ball & Wall

Pupil stands 1 metre from wall.

- Throws ball to wall and catches it before it hits the floor. *{This task can be most difficult for some young pupils and lots of time will be needed to get it right.}*
- Next stage: Throw the ball to the wall and catch it after it bounces once! Not easy for some!

## Throwing / Catching

Teacher lines up pupils in facing rows 2 metres apart and gives a plastic football to the pupils on one row.

- At the signal, (whistle), the ball is thrown across to the facing pupil. As this is mastered, the lines are separated to 3 metres.

- Next task: Ball must be allowed to bounce once before it is caught.

*Many pupils will have to be shown how to throw the ball. The overarm throw is the better one but takes practice. Again, many will need to be shown how to bounce the ball towards a given target.*

With older children who are commencing football, *Ball & Wall* activities will again help to develop many relevant skills such as aiming, judging the bounce, trapping (stopping the ball with the foot), volleying, heading and so on.

Source: [http://test.scoilnet.ie/Res/3vincentgormley060899184530\\_2.html](http://test.scoilnet.ie/Res/3vincentgormley060899184530_2.html)