

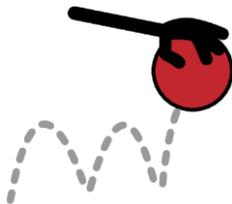
Gross Motor Skills Using a Ball



Information: Gross motor skills are large movements of our body, including the movement of our arms, legs and trunk of our body. Playing with a ball can help improve gross motor skills and other skills, like hand-eye coordination and balance. Learning ball skills also lets us play sports, like basketball and soccer 😊

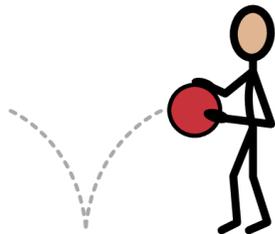
1. Ball bounce:

By yourself, you can practice bouncing a ball on the ground and catching it again. A tennis ball, volley ball, basketball, or any rubber bouncy ball can be used!



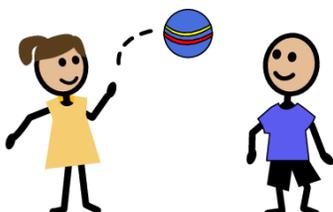
2. Bounce pass:

You can practice a bounce pass by taking a ball and bouncing it off the ground to get to your friend. If you are by yourself, then you can bounce the ball off the ground toward a wall and catch the ball after it hits the wall!



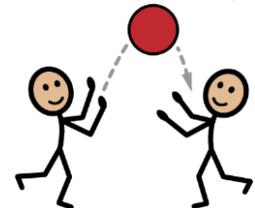
3. Underhand pass:

An underhand pass is when you pass a ball starting with your hands below your belly button. You can practice an underhand pass using one or both hands! Find a friend, sibling, or adult, and you can play catch!



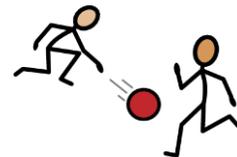
4. Overhead pass:

An overhead pass is when you pass the ball at or above the level of your head. You can practice an overhead pass using one or both hands as well. When you play catch, you can play with more than one friend, sibling, or adult! When you play catch with many people, make eye contact to be sure they know that you are passing to them!



5. Kicking:

You can practice kicking using a soccer ball or rubber ball. You can either take turns rolling the ball to your partner for them to kick, or you can kick it back and forth to each other!



Basketball:

You can practice dribbling, bounce passes, chest passes, and shooting hoops when you play basketball! Basketball games you can play with friends include 21, horse, or bump. Practicing dribbling, lay-ups, and shooting hoops you can always do yourself as well 😊



Soccer:

Soccer is a game where we cannot touch the ball with our hands. Instead, you have to move the ball across the field with only your feet! You can practice kicking a ball at a target (make sure to ask an adult where you can kick the ball), or you can play keep away with a friend or group of friends!



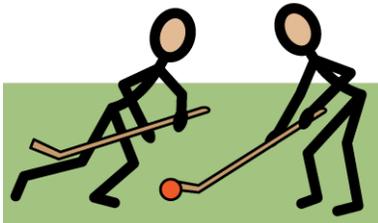
Volleyball:

In volleyball, we learn how to bump, volley, serve, and smash a ball. These are advanced moves that are often learned in gym class.



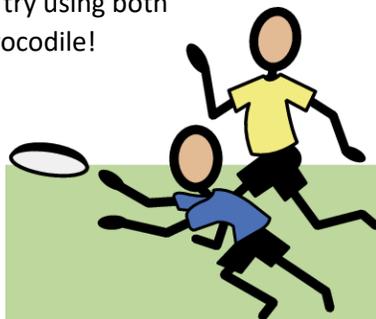
Hockey:

Field hockey uses a small ball. If you have hockey stick, you can practice moving the ball on your own or with a friend!



Frisbee:

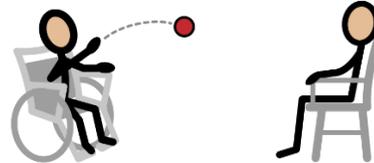
A Frisbee is a flat disc that is thrown/passed with a different technique. Throwing a Frisbee is more of a flick of the wrist! To catch a Frisbee, try using both hands and catch it like pancake or crocodile!



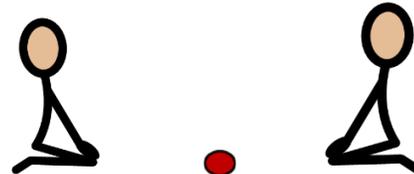
Extra Activities:

Playing catch can also be modified for those who cannot stand. If you have difficulty standing and throwing a ball, you can play catch while sitting on the ground and either rolling or tossing the ball gently.

Passing while sitting in a chair:



Rolling while sitting on the floor:



Once you are comfortable bouncing, passing, catching, and kicking a ball, you can start to play lots of different and fun activities! Games like soccer and basketball use the ball skills that we have already practiced. Advanced ball skills can be adapted to play sports like volleyball, field hockey, and frisbee 😊

If you have any questions, please contact the physiotherapist at MFNERC.