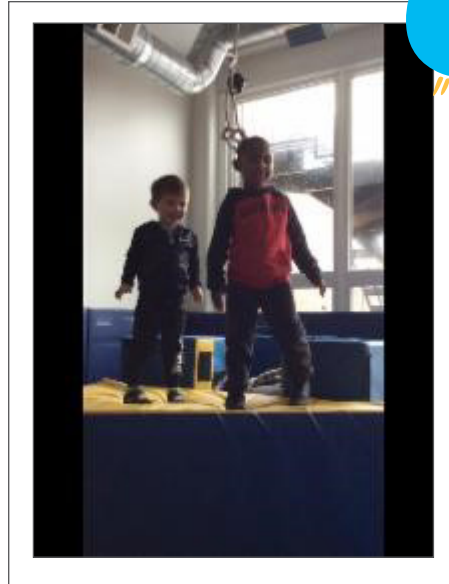


Ball Play Home Program: Advanced Skills

This program provides tips on expanding your child's ball play skills so they can play with their family and friends!



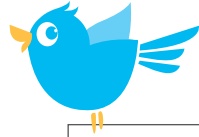
Your Child is Working On:

- Throwing underhand to target
- Catching with one hand
- Dribbling with one hand
- Kicking ball to target
- Plays catch with peer
- Kicking ball to peer

What to do at Home: Start practicing these skills using larger balls. As your child's skills progress, try using smaller sized balls.

BBD Tip: These gross motor skills are important for participation in PE class and sports. They also can relate to classroom activities such as reading and writing.

Ball Play Home Program: Advanced Skills



Build Your Skills:

Throwing overhand to target:

- Throwing bean bags into a bucket or socks into a laundry basket
- Challenge your child's accuracy - Start with the target placed 5 feet away. Each time they make a basket, have them take a step back or move the target slightly further away. Have a contest to see who can score more points!

Catching a small ball with one hand:

- Find a small object that your child can securely grasp with one hand, such as a rolled-up pair of socks or small stuffed animal

Dribbling with one hand:

- Dribble ball with two hands to warm-up. Progress to dribbling with alternating hands, then work on bouncing with one hand only!
- Have a contest to see who can dribble the most times!
- Try to come up with 'silly' dribbles: "super high" bounces, between your legs, or bouncing with a different part of your body like your foot or elbow!

Kicking a ball at a target:

- Set up a target and have your child try to kick the ball in a straight line. Try knocking down a tower of blocks! You can also create goal posts outside using items in your house like chairs!
- Draw a line with tape or chalk for an added visual cue
- Practice rolling the ball to your child and have them kick the moving ball for an added challenge