

Over and under relay, stand in a line one behind the other with the person in front starting with the ball, they pass the ball over their head, the next person passes it through their legs and then the next over again and so on till the ball gets to the end of the line, then the person on the end runs to the front and starts it again.

Netball or basketball games are great for had eye coordination, simple passes and quick reactions, even just doing simple drills with catching, and movement.

With a group sit in a circle and roll the ball to each other, keeping it controlled and in the circle.

Bowling down targets from a distance, to help improve their aim.

A game of football, to encourage team work and helps them control the ball with other part of their body. Simple drills like dribbling the ball around the garden.

Activities To Do With A Ball

With a partner throw the ball to each other and count how many times you can catch it without dropping it.

Bouncing the ball, see how long you can keep it under control, trying moving around too.

Target practise; throw the balls at a target to hit or know them over, or progress it further by kicking the ball.

Play other catching games like hot potato, 1 knee, 2 knee, flinch and piggy in the middle.

Simple game of throwing the ball against a wall and catching it again, try catching it in different ways with 2 hands or 1 hand, strong or weaker hands, this will help improve hand eye coordination as well as reaction times.