

# Activities To Do With A Bat & Ball

Balancing the ball on the bat/racket try starting with a big ball and the better you get the smaller the ball you should try.

Bouncing the ball on the bat keeping it control whilst in the air too, good hand eye coordination practise.

Bat and ball games like a small game of tennis or cricket.

Working in pairs or a group pass the ball around first by balancing and tipping then by bouncing it too and fro between people in the group.

Bouncing the ball between the bat and the floor. Keeping it under control changing the distance between the floor and bat.

Dribbling the ball along the floor with the bat keeping it under control and testing how fast you can go.

Try different bats, see how you have to use different bats differently to hit the ball.

Hitting the ball against the wall, like squash but not as high speed, on your own or with a partner, changing the speed of the ball with the distance away from the wall, or even the power behind the ball.