

Welcome to Fizzy's Training Games

Ball Skills Level One

There are three levels to the balance training games and this is level one for beginners. Play the games in any other until you are good at all of them before going on to level two.

Tick the boxes at the bottom of the page when you can do each game well. The games should be fun and are intended to be flexible, for example they could be played daily for 10 minutes or twice a week for 15 minutes.

Equipment list

- 2 hoops
- Goal posts
- Medium ball
- Tape measure

Suggestions for leisure activities

- Swimming / Water play
- Tumble Tots
- Judo / Karate
- Trampolining
- Gym clubs
- Dancing
- Horse riding

Further helpful suggestions: (To be completed by your therapists)

It may be useful to use a marker on the floor to keep the trainee at a measured distance.

Trainee:

Name:

Your Therapists:

Name:

Telephone:

Name:

Telephone:



If you have any comments or queries then please contact:

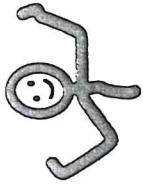
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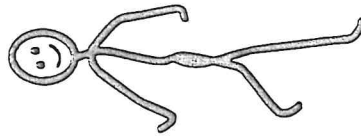
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Fizzy's Training Games Ball Skills

Ball Skills Level One



Level One

A programme compiled by
Occupational and Physiotherapists.

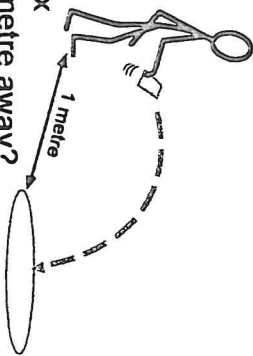
Advice for
parents, carers and education staff.

Your name: _____

Ball Skills Level One

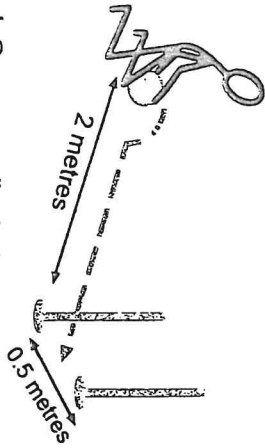
1

Can you throw a beanbag into a box or hoop placed 1 metre away?



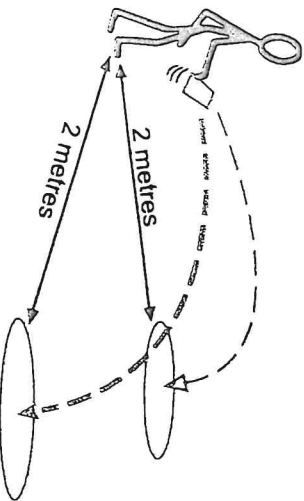
2

Using one hand, can you roll a ball between goal posts placed half a metre apart, from a distance of 2 metres?



3

Using one hand, can you throw beanbags into 2 hoops placed to the right and left in front of you, 2 metres away?



Tick each box to record your progress

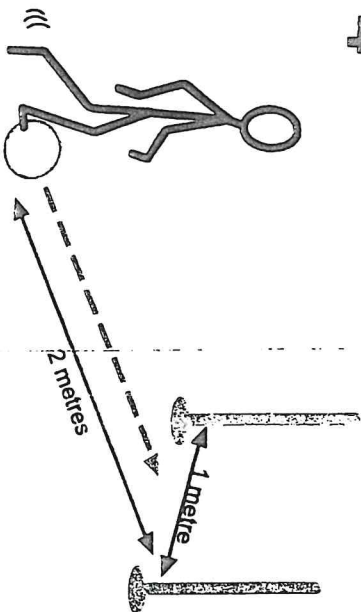
1 2 3

4

Do not kick too hard!

Look at the goal not your foot.

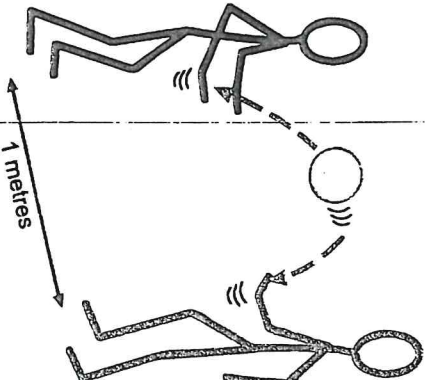
Can you kick a ball between 2 goal posts, placed 1 metre apart and 2 metres away?



5

Watch the ball!

Throw and catch with your partner. Stand 1 metre apart. Use a ball or beanbag.

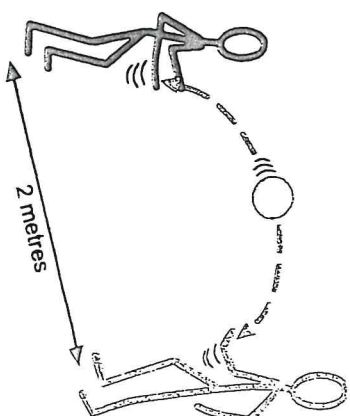


4 5

6

Throw and catch from 2 metres using a ball or beanbag. Catch with both hands!

Do not let the ball touch your body.

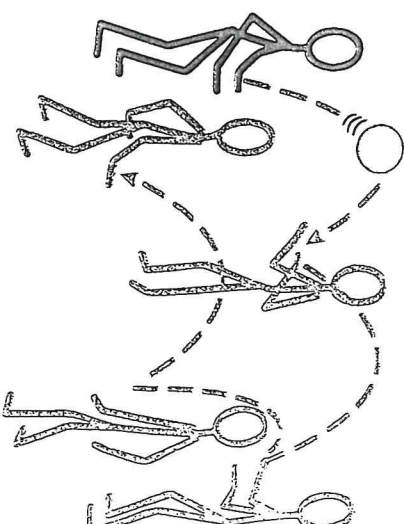


7

Stand in a circle with a few other people 1 metre apart and throw a ball to the person next to you. Remember to watch the ball.

Try throwing the ball in different directions.

Can you bounce the ball to the person next to you?



6 7