Children’s Occupational Therapy

How to Improve My Child’s Ball Skills
Try the following:

• Burst bubbles by clapping hands together.

• Catching scarves in the air.

• Hit balloons in the air, with either hand or with a bat or racket.

• Roll a ball back and forth to the child while sitting on the floor.

• Roll a ball in a straight line to hit a target. Move a little further away after each turn. Remember larger balls should be easier than smaller balls.

• Roll a ball to knock down homemade skittles, for example plastic bottles filled with dirt, sand or water.

• Bounce a ball on the ground with two hands and catch it.

• Throw a ball in the air and catch it as it comes back down.
• Throw and catch a ball with a partner.

• Throw a ball against a wall and catch it. Throw it in different ways, such as letting the ball bounce before hitting the wall, not letting it bounce after hitting the wall.

• Throw a ball at a target on a wall or fence.

• Throw a ball into a target on the ground, for example a basket, box, bucket or hoop. If the activity is too difficult with a ball, try using a bean bag.

• Play swing ball.
Contact Us

Child Development Service

Childrens Occupational Therapy Team

Le Rondin School and Centre
Rue des Landes
Forest
Guernsey
GY8 0DP

Tel
01481 213600