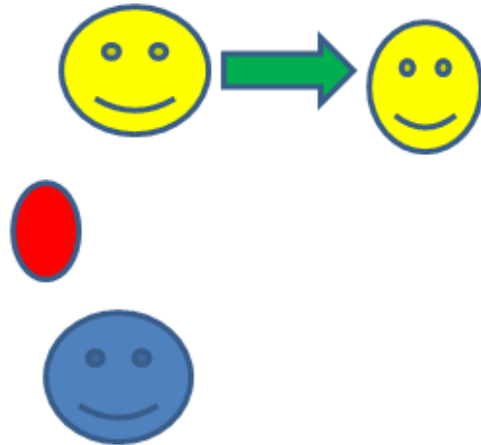


Ball Tricks & Body Parts



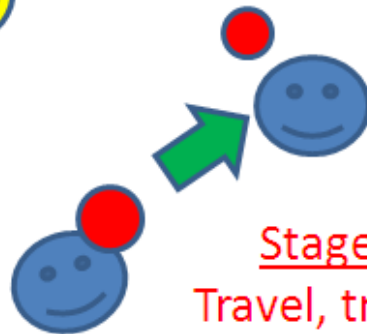
Stage 2

Trick, pass & move



Stage 1

Bean bag
trick & pass



Stage 3
Travel, trick &
pass

How to Play?

- In pairs with a ball between 2, pairs have free play with ball.
- Pass and attempt to stop it with as many different body parts as possible (e.g. knee, elbow, chin etc.).

Ball Tricks & Body Parts

Make it harder

- Challenge children to now play with 2 balls between each other.
- Challenge children to move to a free space after passing ball.
- Challenge children to travel with ball before passing.
- No. 1 holds ball in hands and attempts to keep No. 2 from touching the ball.
- Repeat with ball on ground.

Make it easier

- Use a beanbag or balloon as opposed to a ball.
- Let the children work individually with a beanbag, balloon or ball each.