

Welcome to Fizzy's Training Games

Ball Skills Level Three

There are three levels to the balance training games and this is third and final level. Play the games in any other until you are good at all of them. You should be an expert.

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

Clear wall space
Medium ball
Hoops
Beanbags
Tennis balls

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:

Comments or suggestions should be directed to:

Head of Occupational Therapist or
Superintendent Physiotherapist

Children's Assessment Centre

Kent & Canterbury Hospital
Ethelbert Road, Canterbury, CT1 3NG
Phone: 01227 783043 Fax: 01227 783185

If you would like this leaflet in another format or language please contact the Communications Team

By telephone: 01227 791161 or
Email: communications@eastcoastkent.nhs.uk

PALS Patient Advice and Liaison Service

If you need information, support or advice about our services, please contact PALS.

Phone: 0800 085 6606
Email: pals@eastcoastkent.nhs.uk

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Fizzy's Training Games: Ball Skills

Ball Skills Level Three



Level Three

A programme compiled by
Occupational and Physiotherapists.

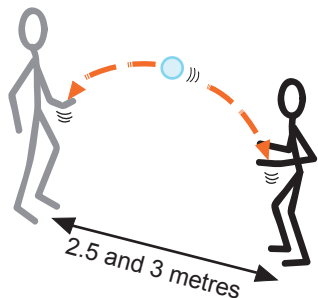
Advice for
parents, carers and education staff.

Your name:

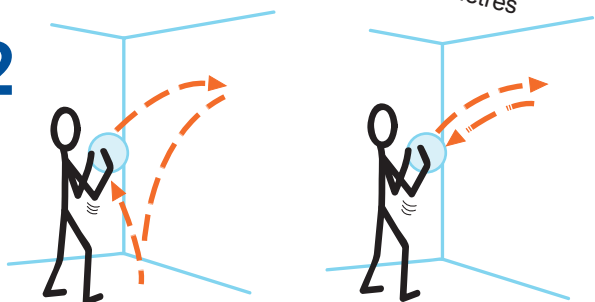
Ball Skills Level Three

1

Throw and catch a tennis ball between (2.5 and 3 metres apart) you and your partner.

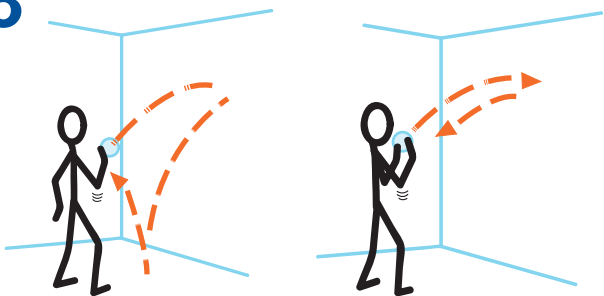


2



Throw and catch a bouncy football off a wall. Let the ball bounce once on the floor. Then try catching the ball before it bounces.

3



With a bounce

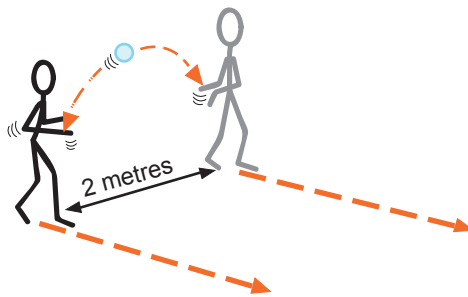
Without a bounce

Throw and catch a tennis ball off a wall.

Tick each box to record your progress

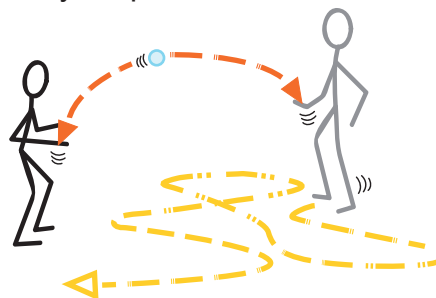
1 2 3

4



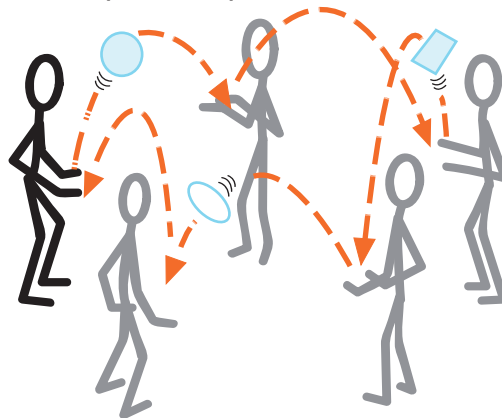
Throw and catch a tennis ball between you and your partner. Walk slowly opposite each other, 2 metres apart, in the same direction. Keep in line with your partner.

5



Throw and catch a tennis ball with your partner while one of you moves around slowly. Then speed it up.

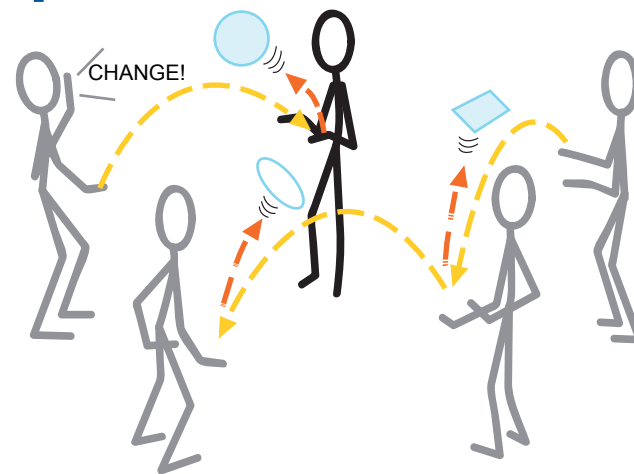
6



Stand in a circle with a few other people. Throw a beanbag, ball and hoop around the circle in the same direction. Then try throwing in the opposite direction.

4 5 6

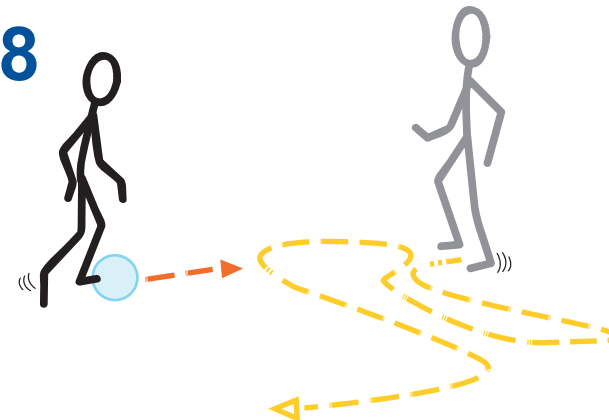
7



Throw a ball, beanbag and hoop around a circle. This time when the leader calls "change", start throwing in the opposite direction.

Keep changing the direction frequently.

8



Kick a ball between you and your partner while one of you moves around slowly. Now speed up.

7 8