

101 Ways To Have Fun With A Tennis Ball

Balance

Can you balance the ball on your hand? (left/right)

How long can you balance the ball for?

Can you keep the ball on your hand and walk with it?

Can you sit down on the floor and get up again without losing control of the ball? (how many times can you do this without losing control)

Can you balance the ball on your right hand whilst standing on one leg? (or right hand with right leg; right hand with left leg; left hand with left leg; left hand right leg)

Rolling

Can you roll the ball?

Using a book marker how far can you roll the ball in a straight line?

Using 2 cans and a ruler, can you make a bridge and roll the ball under the bridge from 1, 2 or 3 metres? (how many times can you do it out of 10)

Play skittles, get six empty plastic bottles and arrange them in a triangular shape. Keep your own score, play against someone.

Use the same bottles and put them around the space and make a mini golf course. From a starting point see how many rolls it takes to knock them all over one at a time. Record your score.

Bouncing and Catching

Can you bounce the ball and catch it?

Bounce with one hand and catch with two, how many can you do in a given time period?

Bounce with your right hand and catch with your right hand.

Bounce with your right hand and catch with your left hand.

Bounce with your left hand and catch with your left hand.

Bounce with your left hand and catch with your right hand.

Bounce and catch at different heights. Practise bouncing and catching the ball at knee, waist, chest and head height. Now see if you can do all four in a row. If you are good at this see if you can do one after another.

Using the six bottles you had previously arrange them in a straight line one metre apart. Practise moving in and out and up the line. Go round the last bottle and come back the same way.

Throwing Underarm

Can you throw the ball underarm?

Using a bucket , put it in front of you and against a wall. Take a giant step backwards and practise throwing the ball into the bucket. Now try the same from two giant steps. Use both hands. Record how many times out of 10 you get the ball in the bucket. Play against someone. Make the game more difficult by putting a chair half way between you and the bucket

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Target time, use the bottles from earlier and put them in a row three steps in front of you facing you. Record how many throws it takes to knock them all over. Can someone beat your score?

Boxing Clever, you will need three boxes and three tennis balls. Set the boxes three steps away. Use the large box and see how long it takes to throw the three balls in. Then try the medium box and then the small one. Now put the boxes next to each other and see if you can get the first ball in the large box, the second in the medium, the third in the small. Time yourself to complete the skill.

Catching the Ball in the Air

Can you throw the ball in the air and catch it?

Throw it up with two hands and catch with two.

Throw it up with one hand and catch with two.

Throw it up with one hand and catch with one.

Throw, clap and catch. How many claps can you get in and still catch the ball. Can you keep the clap going but increase by one each time?

Turn and catch, throw the ball in the air, turn round completely and catch the ball at the end of your spin

Throw, head and Catch, throw the ball in air, head it and then catch it.

Putting Skills Together

Balance the ball on two hands in front of you at chest height. When you are ready, open your hands, let the ball bounce and catch it.

Bounce the ball, turn round and catch it.

Bounce the ball to waist height and catch it, then throw the ball up and catch it in the air.

Balance on one leg, bounce the ball and catch it three times in a row.

Balance on one leg, bounce the ball and catch it three times in a row. Without stopping, change legs and catch the ball another three times.

Roll the ball along the floor, then run and pick it up gently. Gently toss it over your head, turn round and catch it after on bounce.

Do the same as above but try to catch the ball before it bounces.

Balance the ball on one hand. Move it to the other hand three times using one hand only, without dropping it, followed by a bounce and catch three times using one hand only, followed by a throw in the air and catch three times.

Using a bucket, stand three giant steps away and throw the ball underarm into the bucket three times in a row. Follow this by an overarm throw three times in a row.

Lie on your back and hold the ball in both hands, resting them on your chest. Now throw the ball in the air and catch it in both hands as it comes back down. Have a practise and when you feel ready for the challenge see if you can catch the ball five times in a row.

A Circuit of Ball Skills

- 1) Balance the ball on one hand and walk the length of your lounge (if you drop the ball, go back and start again). Move on to ...
- 2) Roll the ball the length of your lounge (try to keep it in a straight line). Move on to ...
- 3) Bounce the ball with one hand and catch with two. Do this five times in a row then move on to ...
- 4) Bounce the ball with one hand and catch it with one hand 3 times in a row. Move on to ...
- 5) Underarm bucket throw - with the bucket against the wall put a marker two giant steps away from it. Now see if you can throw the ball three times in a row. When successful move on to ...
- 6) Overarm bucket throw - use the same set up as for Skill 5 and throw the ball into the bucket three times in a row. Move on to ...
- 7) Throw the ball, clap once, catch, throw, clap twice, catch and throw, clap three times, and catch. Complete all three in a row then move on to ...
- 8) Balance on one leg, throw the ball in the air and catch it five times in a row. Move on to ...
- 9) Bounce the ball, catch it, throw it in the air and catch it. Do this combined activity three times in a row and final move on to ...
- 10) Lie on your back, throw the ball in the air and catch it three times in a row.