



States of Guernsey
Children and Family
Community Services

Children's Occupational Therapy

How to Improve My Child's Ball Skills



Try the following:

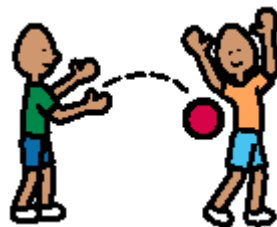


- Burst bubbles by clapping hands together.
- Catching scarves in the air.
- Hit balloons in the air, with either hand or with a bat or racket.
- Roll a ball back and forth to the child while sitting on the floor.
- Roll a ball in a straight line to hit a target. Move a little further away after each 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
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