



Simple Ball Games for Kids

FUN WAYS TO PRACTICE TOSS AND CATCH

SCARF TOSS: Scarves give ample time for the hands and eyes to coordinate to work on catching. Have kids toss colorful scarves up in the air and catch with one or two hands. They can also practice tossing between partners or playing a game in which a bunch of scarves are tossed up at once and the child tries to catch the color scarf that is called out by a leader.

VELCRO TOSS AND CATCH: Try a set of sticky velcro paddles to make throwing and catching practice even more fun. These have the added benefit of hand strengthening and midline crossing work when kids try to pull the ball off once they catch it!

PLASTIC BAG TOSS: A cost effective tool for teaching kids to toss and catch, plastic bags float through the air and allow reaction time. Toss your bag up with your (right) hand. Can you catch it with that hand? Toss your bag up with your (other) hand. Can you catch it with that hand? Can you toss the bag up with one hand and catch it in the other? How many times can you toss and catch it up without letting it touch the floor? Can you toss your bag up high, run under it, and then catch it? Can you toss your bag up high, spin around, and then catch it before it hits the ground? Can you toss your bag to a friend, who catches it and tosses it back to you?

ICE CREAM: Scoop ball is a favorite tool for working on catching. For the game of Ice Cream from PE Central, you will need scoops and an object to catch (ball, beanbag, etc). A single scoop of ice cream is a simple toss and catch. A Double Scoop is a toss and catch with a friend. If these are too easy, try a Banana split. For this variation, the scoop is turned sideways for a game of toss and catch. Kids can also try the Ice Cream Twist where they toss the ball up and spin 360* before catching it in their scoop.

BEANBAG TARGET TOSS: Grab a stack of colorful beanbags and have kids work on throwing under or overhand to hit same color targets made of chalk, hula hoops or pieces of paper.

LAUNDRY BASKET BASKETBALL: Empty out your laundry basket and use it as a moving target for this fun game. Have a friend hold the basket while you try to throw rolled socks into it from different distances. Encourage the friend to make it challenging by moving the basket high and low and side to side. Once you have finished throwing the sock balls, have the friend with the basket toss them up in the air, all at once, and see how many you can catch. Switch positions.

TIC TAC TOE TOSS: Create a tic tac toe board with tape or chalk on the ground. Place a mark 5' behind the board and encourage kids to use an underhand toss with a bean bag or rock to try to hit a spot on the board. If you miss, you have to wait until your next turn to try again. The first to get 3 in a row on target wins!



Fun balls for kids who are learning to catch
and throw:

Koosh Balls

Beach Balls

Balloons

Sock Rolls

Scarves

Beanbags

Yarn Balls