

Have a Ball This Summer

Here are 15 ball activities to practice over the summer:

1. Toss a balloon up in the air and catch it.
2. Bat a balloon up and down in the air using your hands. How many times can you keep it up in the air without it dropping to the floor?
3. Toss a scarf or small handkerchief in the air and catch it.
4. Try throwing up a playground size ball and catching it and then progress to a tennis ball.
5. Try tossing and catching a ball up in the air standing inside of a hula hoop.
6. Walk forward and toss and catch a balloon, scarf or ball depending upon your abilities.
7. Toss a balloon or ball up in the air, clap your hands and then catch the ball.
8. Bounce a ball on the floor and catch it.
9. Bounce a ball on the floor, clap your hands and catch it.
10. Toss a ball at the wall, let the ball bounce and catch it.
11. Hold a beach ball overhead with two hands to stretch your shoulders and back. Hold for 10 seconds.
12. Put a laundry basket by your feet. Lay down on the floor on your back with your knees bent. Pick up a ball with your feet and try to put it inside the laundry basket. Repeat.
13. Hold a ball with two hands at your belly button. Can you pass the ball around your waist without dropping it on the ground?
14. Hold a beach ball with two hands, elbows straight at shoulder height. Perform 10 squats.
15. Create a small obstacle course using lawn chairs. Can you kick a beach ball around all the obstacles?

