Ball Skill Activities

Equipment Needed

- 2 netballs or 1 netball and a tennis ball
- Wall

Activity 1

1. Stand 0.5m away from wall, complete 25 wall taps using your right hand then left hand. Work in an arc from above head down to waist level. Flick ball using fingers/wrist.
2. Stand 0.5m away from wall, complete 50 wall taps using your right and left hand only. Work in an arc from above head down to waist level. Swap hands at top of arc. Flick ball using fingers/wrist.
3. Stand 1m away from wall, complete 25 wall taps using your right hand then left hand. Work in an arc from above head down to waist level. Flick ball using flingers.

Activity 2

1. Stand 1m away from wall, complete 50 wall taps using your right and left hand only. Work in an arc from above head down to waist level. Swap hands at top of arc. Flick ball using fingers/wrist.
2. Stand 0.5m away from wall, complete 25 wall taps using your right and left hands (1 ball in each hand). Work each ball in an arc from above head down to waist level. Balls to hit the wall simultaneously.
3. Stand 0.5m away from wall, complete 25 wall taps using your right and left hands (1 ball in each hand). Work each ball in an arc from above head down to waist level. Balls to hit the wall alternatively.

4. Stand 0.5m away from wall, complete 25 wall taps using your right and left hands (1 ball in each hand). Work ball in left hand as quickly as possible and ball in right hand slowly.
5. Stand 0.5m away from wall, complete 25 wall taps using your right and left hands (1 ball in each hand). Work ball in right hand as quickly as possible and ball in left hand slowly.

Activity 3

1. Stand 0.5m away from wall, complete 25 wall taps using your right and left hands (1 ball in each hand) Work ball in left hand (high) shoulder height and above and ball in right hand low (chest height and lower).
2. Stand 0.5m away from wall, complete 25 wall taps using your right and left hands (1 ball in each hand). Work ball in right hand (high) shoulder height and above and ball in left hand low (chest height and lower).
3. Stand 5m from wall, complete 15 shoulder passes right and left against wall. Aim for speed and accuracy.
4. Stand 5m from wall, complete 15 shoulder passes right and left against the wall. Throw a fake before giving each pass. Ensure you fake away from where you deliver the pass. Aim for speed and accuracy.
5. Stand 4m from wall, complete 15 chest passes. Aim for speed and accuracy.

Activity 4

1. Stand 4m from wall, complete 15 chest passes. Throw a fake before giving each pass. Ensure you fake away from where you deliver the pass. Aim for speed and accuracy.
2. Stand 4m from wall, complete 15 overhead passes.
3. Stand 3m from wall, complete 20 bounce passes both right and left arms.
4. Stand 3m from wall, complete 20 under arm sling passes both right and left arms.
5. Stand 6m from wall, complete 15 shoulder passes both right and left arms against wall. Drive forward and catch ball after each pass. Aim for speed and accuracy.

Activity 5

1. Stand 0.5m away from wall, complete 25 wall taps using your right and left hands (1 ball in each hand). Work ball in left hand as quickly as possible and ball in right hand slowly.
2. Stand 0.5m away from wall, complete 25 wall taps using your right and left hands (1 ball in each hand). Work ball in right hand as quickly as possible and ball in left hand slowly.
3. Stand 6m from wall, complete 15 shoulder passes both right and left arms against wall. Face away from wall, throw ball to self-take and pivot quickly. Pass and hit target on the wall. Aim for speed and accuracy.
4. Stand 6m from wall, complete 15 shoulder passes both right and left arms against wall. Face away from wall, throw ball to self-take and pivot quickly. Fake the pass then pass and hit target on the wall. Aim for speed and accuracy.

5. Stand 5m from wall, complete 15 shoulder passes both right and left arms against wall. Throw a fake before giving each pass. Ensure you fake away from where you deliver the pass. Aim for speed and accuracy.