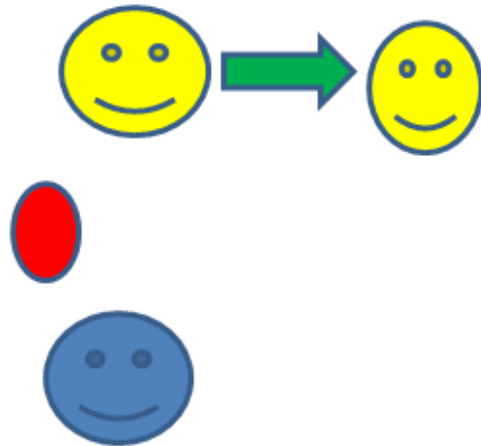


# Ball Tricks & Body Parts



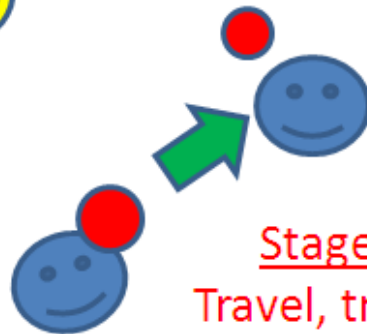
## Stage 2

Trick, pass & move



## Stage 1

Bean bag  
trick & pass



Stage 3  
Travel, trick &  
pass

## How to Play?

- In pairs with a ball between 2, pairs have free play with ball.
- Pass and attempt to stop it with as many different body parts as possible (e.g. knee, elbow, chin etc.).

# Ball Tricks & Body Parts

## Make it harder

- Challenge children to now play with 2 balls between each other.
- Challenge children to move to a free space after passing ball.
- Challenge children to travel with ball before passing.
- No. 1 holds ball in hands and attempts to keep No. 2 from touching the ball.
- Repeat with ball on ground.

## Make it easier

- Use a beanbag or balloon as opposed to a ball.
- Let the children work individually with a beanbag, balloon or ball each.