

Ballnastics



Ballnastics are a series of body and ball developmental exercises. The underlying principle is to create a wide range of movement experiences which include strength building, coordination, social as well as competitive/cooperative exercises. These can be conducted individually, in pairs, or in small groups. They may also be included as part of training session or at home on the child's own time.

Ballnastic activities are appropriate for all age groups as long as the challenges are within the capability of the players to successfully perform them. Younger players will need to do some of these for the development of hand-eye, foot-eye coordination and overall body control. Older players will need to do these for the development of strength, local muscle endurance, and foot speed.

These exercises should be presented in a fun challenging fashion. Younger children will fall and giggle. Do not interpret this as lack of interest. The rest period between each set of exercises should be at least as long as it took to perform the exercise or a 1:1 ratio, or more preferably a 1:2 activity to rest ration, or even a 3:1 ratio.

Related Activities

- Ballnastics - Competitive
- Body Part Dribble
- I Can do Something, CanYou?