

Ballnastics - Individual

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.



Activity Organisation:

1. Stationary ball

Touch the ball with the sole of the foot alternating feet as fast as you can. Younger players (5,6,7 year olds) will have difficulty with the coordination of the right and left feet. They will need more time. Older players (8 and older) will have a body rhythm and will be able to be challenged to develop faster foot movement.

- How many touches in 20 seconds? In 30 seconds? Then ask, can you improve on your last try?

- Using only the sole of the foot, can you move the ball forward, backward, sideways? The task can either be for time or a fixed distance.

2. Stationary ball - jumping (U8 and older)

With feet together, can you jump forward and backward over the ball. Try to keep your feet together. How many jumps in 20 seconds? In 30 seconds?

3. Jump side to side. (U8 and older)

How many jumps in 20 seconds? In 30 seconds?

4. Bouncing and catching the ball with both hands.

- Can you bounce the ball and jump at the same time?

- Can you jump up and with both hands throw the ball to the ground as hard as you can to get the highest bounce possible? Jump up and catch the ball?

- While jumping and bouncing, can you bounce the ball through your legs, turn and catch it?

5. Tossing and catching (U8 and older)

- Lying on your back, can you toss the ball straight up and catch it? How many times in a row?

- Lying on your back, can you toss the ball straight up, sit up and catch it? How many times in a row?

- Lying on your back or sitting up, can you

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toss the ball straight up, stand up and catch it, either before it hits the ground or after one bounce? How many times in a row?

d) Standing, can you toss the ball high in the air, jump up and catch while you are in the air?

e) Standing, can you toss the ball in the air, quickly sit down and get back up and catch the ball before it hits the ground or after one bounce?

f) Standing, can you toss the ball in the air, do a forward roll, get up and catch the ball, before it hits the ground or after one bounce?

SAFETY NOTE: Coaches make sure that your players are able to do a forward roll correctly!

6. Rolling and Stretching.

a) Standing with your legs apart, can you roll the ball with your hands through your legs in a figure eight fashion?

b) Place one leg forward, the other behind you. Can you roll the ball with your hands around your front foot? Switch feet.

c) Sitting down, legs together and straight. Can you, without letting go and with both hands on the ball, roll the ball to your toes? Can you go past your toes? Don't drop the ball.

d) Sitting with legs straight, but apart in a "V" shape. Can you roll the ball along the outside of your leg, around your foot, over to the other foot, and behind the back? Can you do this five times? Reverse direction.

Related Activities

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