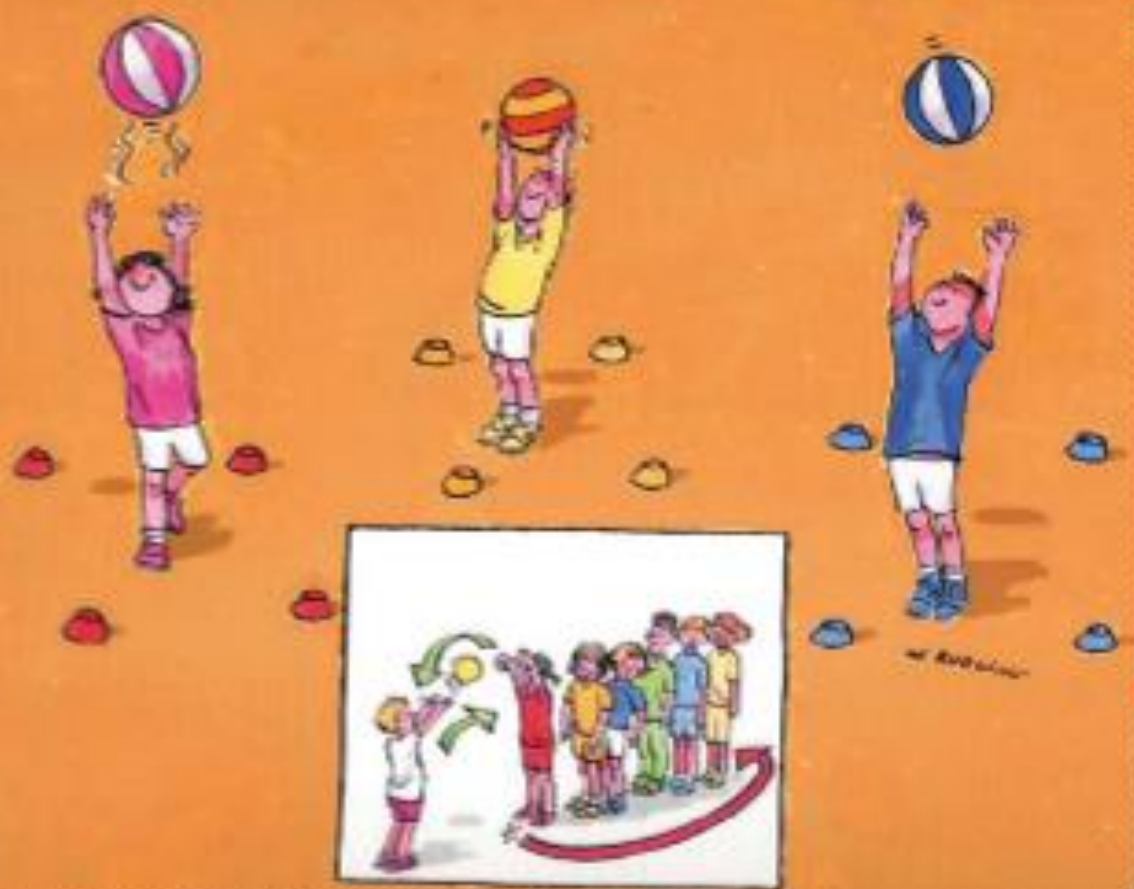


Striking & fielding

## Ball Familiarisation



### How to play

- » Each player is given a large soft ball and asked to find a free space inside the playing area.
- » On the leader's instruction players throw the ball up and catch it while standing on the spot.
- » Players begin by keeping the ball low and on the leader's instruction increase the height of the throw continuing to catch the ball with two hands.

### Equipment needed

- » One large soft ball per person
- » Beach ball/sponge ball



## STEPS

# Ball Familiarisation

	Easier	Harder
<b>S</b>	» Increase individual playing area	» Reduce individual playing area
<b>T</b>	» Advise players to limit the height they throw the ball	» Move around the playing area while throwing and catching the ball
<b>E</b>	» Use a balloon	» Use a smaller ball e.g. tennis ball
<b>P</b>	» Activity already at easiest level	» Put players into pairs, passing 1 ball between each other
<b>S</b>	» Encourage the players to perform the task slowly, concentrating on technique	» Encourage the players to throw and catch the ball as many times as possible within a given time frame

## Impairment specific considerations:

### Blind and partially sighted:

- » If using a balloon, use rice in a 'covered' balloon
- » Use a hi-visibility ball and/or jingle ball

### Deaf and hard of hearing:

- » Stop activity and bring group in to give further instructions

### Physical Disability:

- » For those with higher levels of impairment, use a balloon with string attached or a ball with a suitable attachment

### Learning Disability:

- » Introduce one rule/instruction at a time