

# Spar Lancashire School Games

## Learn!

### Skill 10: Bouncing

**Aim:** To develop your bouncing skills.

**Task 1:** Complete the below activity seeing if you can bounce the ball using your dominant hand.

**Task 2:** Complete it again but using your other hand.

#### Video Demonstration

Practice makes perfect - play the following game with a parent, carer or sibling

Skill/Skills	Activities	How to Play	Equipment
Bouncing	<p>2 Metre Bouncing</p>	<ol style="list-style-type: none"> <li>1. Set up a 2-metre square.</li> <li>2. Standing in the middle of the square start to bounce the ball with your dominant hand.</li> <li>3. Bounce it once and catch, if you can do that, do 2 bounces and catch, then 3 and catch, then 4, 5, 6, 7 etc.</li> <li>4. Try to keep bouncing the ball but staying inside your 2m square.</li> <li>5. If you lose control or come out of the square, start again on that number.</li> <li>6. The aim is to get to 10 bounces in a row without catching.</li> </ol>	<ul style="list-style-type: none"> <li>• Any household items to mark out your 2m square.</li> <li>• Hard floor where the ball will bounce</li> <li>• A football sized ball</li> </ul>



### Points to help improve bouncing a ball

Imagine you have a sock puppet on our hand, and when you make them talk you open and close your thumb and fingers. Bouncing a ball is the same, it's the fingers and thumbs that touch the ball not the palm of your hand.

Aim to bounce the top of the ball, out in front of you being careful not to hit your own feet, utilising a mix of your shoulder, arm, wrist and fingers to get success and control

Bounce the ball with enough force so it bounces back up to belly button height

Repetition - keep practicing

Now you have practiced this skill why not try out our Challenge!

Click here to be taken to the [Challenge Resource Card](#):