

Recommended Activities for “Good Catch”



Catch the Ball

Build your budding athletes’ large motor and eye-hand coordination skills with a basic catch and throw game, using a mini soccer ball or similar ball. Begin with short distances, and gradually increase the distance between players. <https://babysparks.com/2020/04/06/catching-a-ball-a-fundamental-toddler-milestone/>

Kickball Game

Strengthen your mini ballplayers’ physical coordination, large motor skills, and estimations skills with a simple kickball game in which partners kick a standard kickball back and forth. Children will enjoy the continuous role change of kicking and catching the ball, and improving their aim with practice!

<https://blog.kinedu.com/motor-milestones-kicking-a-ball/>



DIY Bowling Game

Help your mini bowlers expand eye-hand coordination, rolling, and coordination skills as they knock over objects with small plastic balls or tennis balls. The immediate cause-and-effect information in a bowling game also builds pride and accomplishment!

<https://thanksmommyblog.com/diy-bowling-game/>

Pendulum Ball

Create a pendulum with a tennis ball and yarn, string, or stocking. Encourage children to first swing the ball back and forth to each other. As they build their coordination skills, invite them to knock over empty cups, bottles, and similar objects. This target game improves eye-hand coordination, estimation, and aiming skills!

<https://www.myteachingcupboard.com/blog/the-trajectory-schema>



Cup and Ball Capture Game

Grow your children’s skills in eye-hand coordination, timing, velocity, and distance with this active game! One player rolls a ball to their partner, who catches it by covering the ball with a plastic cup. Change roles to give players a chance to play the game from both the “roll” and “capture/catch” perspectives.