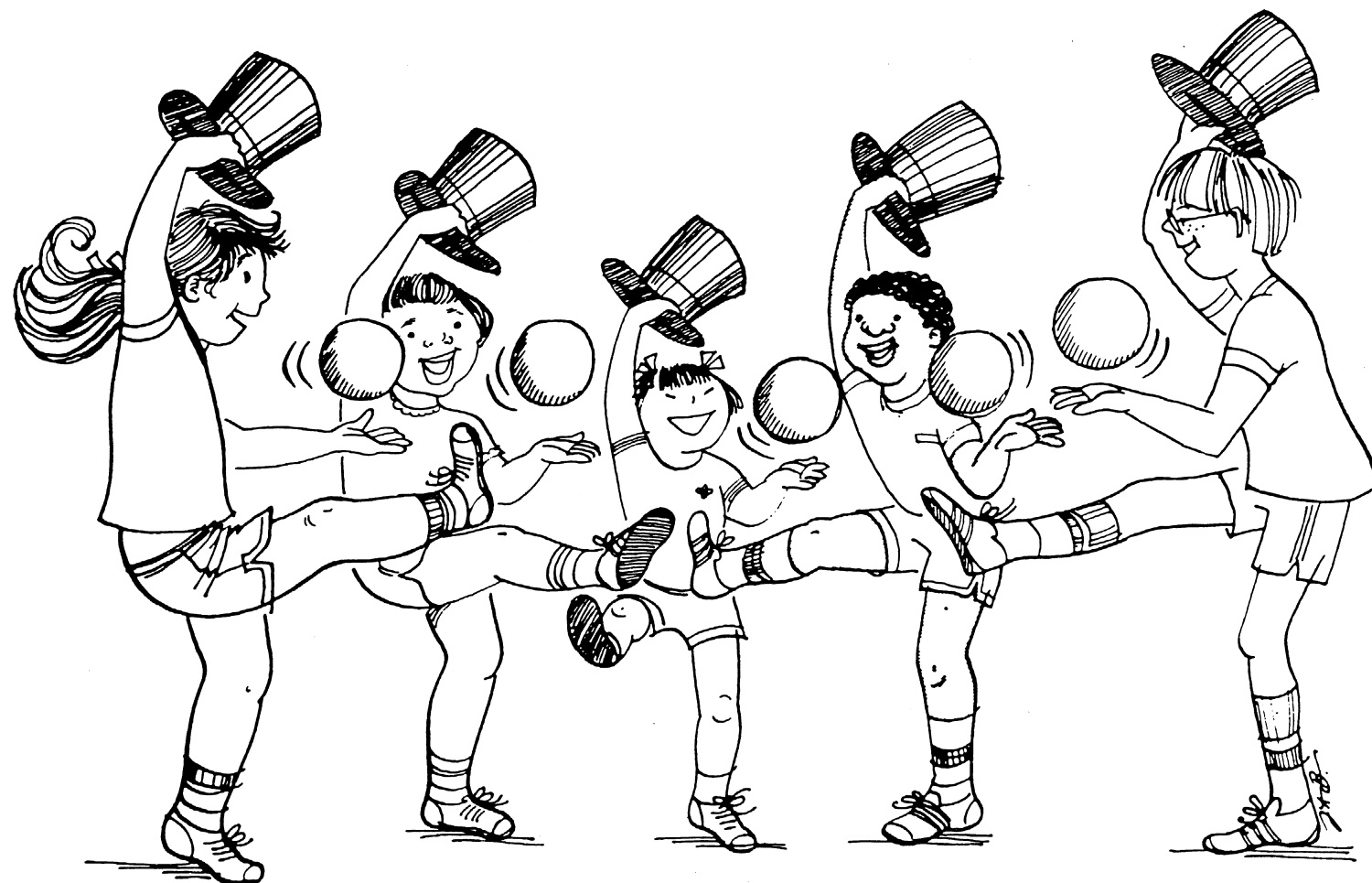


# SYNCHRONIZED BALL SKILLS

by Helene Hampton Hughes



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# CATALYSTIC MOVEMENT

*This is a lesson on movement potential. Students use balls as extensions of their bodies to create body shapes, and demonstrate basic locomotor and non-locomotor skills in slow motion. This activity is done in small clusters of six to eight children. Remind your students that moving in slow motion requires a lot of energy. It isn't as easy as it seems!*

| DIRECTIONS                                                                                                          | COUNTS |
|---------------------------------------------------------------------------------------------------------------------|--------|
| 1. Begin in a crouching position, holding the ball close to the body with both hands.                               | 1-16   |
| 2. Push the ball overhead, and rise to a standing position.                                                         | 1-16   |
| 3. Turn around in a complete circle while holding the ball straight overhead.                                       | 1-16   |
| 4. Pull the ball down to the abdomen area while taking 8 long steps backward.                                       | 1-16   |
| 5. While holding the ball, curl the body into a very twisted shape and freeze.                                      | 1-16   |
| 6. Push the ball straight overhead with both hands, and unfold into a standing position.                            | 1-16   |
| 7. Run forward in slow motion while holding the ball overhead with the right hand.                                  | 1-16   |
| 8. Pull the ball into the abdomen area with both hands, and bend over to create a round shape with the entire body. | 1-16   |
| 9. Push the ball straight overhead with both hands and unfold into a standing position.                             | 1-16   |
| 10. While holding the ball overhead, gallop forward in slow motion.                                                 | 1-16   |
| 11. Pull the ball down and create a low round shape with your body over the ball.                                   | 1-16   |
| 12. Now hold the ball out in front of the body, and make a long straight shape by lying on the abdomen area.        | 1-20   |
| 13. Curl up into a crouching position with both hands on the ball.                                                  | 1-16   |
| 14. Push the ball straight overhead with both hands, and unfold into a standing position.                           | 1-16   |
| 15. Turn around in a complete circle while holding the ball straight overhead.                                      | 1-20   |
| 16. Run forward in slow motion while holding the ball overhead with the right hand.                                 | 1-16   |
| 17. While holding the ball with both hands, curl the body into a very twisted shape, and freeze.                    | 1-16   |
| 18. Unfold the body into a standing position while holding the ball in the abdomen area.                            | 1-8    |
| 19. Finally, push the ball straight overhead and freeze.                                                            | 1-8    |



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|                                                                                                                                              |       |
|----------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 11. Jump backward with both feet together, bounce the ball, clap hands,<br>then catch the ball.                                              | 1-4   |
| Repeat actions 3 times.                                                                                                                      | 5-16  |
| March backward 8 small steps while holding the ball straight out;<br>rotate wrists to make the ball move to the right and left.              | 17-24 |
| Rest.                                                                                                                                        | 25-32 |
| 12. 4 kicks to the right side with a straight left leg while bouncing and<br>catching the ball.                                              | 1-8   |
| 4 kicks to the left side with a straight right leg while bouncing and<br>catching the ball.                                                  | 9-16  |
| Rest.                                                                                                                                        | 17-24 |
| 13. Alternate bouncing and catching the ball with tossing and catching the ball.                                                             | 1-16  |
| Rest.                                                                                                                                        | 17-24 |
| 14. 4 kicks to the right side with a straight left leg while bouncing and catching the ball.                                                 | 1-8   |
| 4 kicks to the left side with a straight right leg while bouncing and catching the ball.                                                     | 9-16  |
| Rest.                                                                                                                                        | 17-24 |
| 15. With both feet together, jump backward, bounce the ball, clap hands,<br>then catch the ball.                                             | 1-4   |
| Repeat actions 3 times.                                                                                                                      | 5-16  |
| Rest.                                                                                                                                        | 17-24 |
| 16. March backward 8 small steps while holding the ball straight out in front;<br>rotate wrists to make the ball move to the right and left. | 1-8   |
| Rest.                                                                                                                                        | 9-16  |
| 17. 4 kicks to the right side with a straight left leg while bouncing and catching the ball.                                                 | 1-8   |
| 4 kicks to the left side with a straight right leg while bouncing and catching the ball.                                                     | 9-16  |
| Rest.                                                                                                                                        | 17-24 |
| Shuffle feet backward 8 small steps holding ball in front of the stomach<br>and FREEZE.                                                      | 25-32 |

# INTRODUCTION

This album combines ball handling skills with rhythmic movements set to music. The activities progress from very basic ball skills for children in early grades to more difficult cooperative and synchronized movement patterns for middle school children. These activities help teach smooth transitions from one movement to another by incorporating rhythmical internalization. Along with promoting positive attitudes toward ball manipulation, this program is also excellent for developing a child’s awareness of space and movement control. Manipulative skills including rolling, bouncing, catching, tossing, and passing are used with various locomotor and non-locomotor movements.

# HOW TO USE THIS RECORDING

For best results:

- READ the manual in order to become familiar with the activities.
- LISTEN to Tracks 1-5 of the recording (music and narration) while following along in the manual.
- TEACH the activities to the class, slowly at first and without the recording, until the children can do the routines.
- PLAY Tracks 1-5 of the recording and have the children practice the routines to the narration. USE the “Music only” Tracks for the activities when the children have mastered them.
- BALLS should be 6-8” in diameter, especially for younger children. Each child should have a ball.

# MANIAC

## Introductory Activity

Besides stressing ball handling skills, this activity can be used to enhance any lesson dealing with spatial awareness, right and left discrimination, air patterns and body control. This activity, which is done in scatter formation, is especially good for introducing ball skills to the early grades.

### DIRECTIONS

### COUNTS

- |                                                                                                                                                                                             |                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| 1. Begin by holding the ball with two hands straight in front of the body.                                                                                                                  | 1-16                                   |
| 2. Move the ball to the left side of the body.<br>Move the ball to the middle of the body.<br>Move the ball to the right side of the body.<br>Move the ball back to the middle of the body. | 1-4<br>5-8<br>9-12<br>13-16            |
| 3. Pull the ball into the abdomen area.<br>Push the ball up overhead.<br>Pull the ball down to the abdomen area.<br>Turn in a complete circle to the left.<br>Rest.                         | 1-4<br>5-12<br>13-20<br>21-28<br>29-32 |
| 4. Push the ball up overhead.<br>Sway to the left and then to the right 4 times with the ball held straight overhead.<br>Pull the ball down into the abdomen area.<br>Rest.                 | 1-4<br>5-12<br>13-16<br>17-20          |
| 5. Bounce the ball with both hands, catch and hold.<br>Repeat actions 3 times.<br>Rest.                                                                                                     | 1-8<br>9-32<br>33-36                   |
| 6. Take 4 steps diagonally forward while holding the ball,<br>alternating to the right and the left.<br>Rest.                                                                               | 1-32<br>33-36                          |
| 7. Bounce the ball with both hands, catch and hold.<br>Repeat actions 3 times.<br>Rest.                                                                                                     | 1-8<br>9-32<br>33-36                   |
| 8. Take 4 steps diagonally forward while bouncing and catching the ball.<br>Alternate steps beginning with the right foot.<br>Rest.                                                         | 1-32<br>33-36                          |
| 9. Again, take 4 steps diagonally forward while bouncing and catching the ball.<br>Alternate steps beginning with the right foot.<br>Rest.                                                  | 1-32<br>33-36                          |
| 10. Push the ball straight up overhead.<br>Sway to the left, and then to the right 4 times with the ball held straight overhead.<br>Pull the ball down into the abdomen area and freeze.    | 1-8<br>9-16<br>17-24                   |

# ONE FROM “A CHORUS LINE”

This routine creates the effect of a “chorus line” by allowing students to use traditional dance steps such as the two-step, heel-and-toe and straight-leg kick out of their usual context. Each child has a ball to manipulate with both hands while mastering these foot patterns. This activity can be done in a single line with children facing in the same direction, or in double line formation with students standing back-to-back a few yards apart.

### DIRECTIONS

### COUNTS

- |                                                                                                                                                                                                                                                                                 |                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| 1. All line up for heel-and-toe touches.                                                                                                                                                                                                                                        | 1-16                                   |
| 2. 4 left heel-and-toe touches while bouncing and catching the ball.<br>4 right heel-and-toe touches while bouncing and catching the ball.                                                                                                                                      | 1-16<br>17-32                          |
| 3. Two-step to the right while bouncing and catching the ball,<br>then two-step to the left while continuing to bounce and catch the ball.<br>Repeat actions 3 times.                                                                                                           | 1-8<br>9-32                            |
| 4. 4 left heel-and-toe touches while bouncing and catching the ball.<br>4 right heel-and-toe touches while bouncing and catching the ball.                                                                                                                                      | 1-16<br>17-32                          |
| 5. Two-step to the right while bouncing and catching the ball,<br>then two-step to the left while continuing to bounce and catch the ball.<br>Repeat actions 3 times.                                                                                                           | 1-8<br>9-32                            |
| 6. 2 left heel-and-toe touches while bouncing and catching the ball,<br>then 2 right heel-and-toe touches while bouncing and catching the ball.<br>Step right and close, then step left and close.<br>Repeat actions.<br>Rest.                                                  | 1-16<br>17-20<br>21-24<br>25-32        |
| 7. 2 left heel-and-toe touches while bouncing and catching the ball.<br>2 right heel-and-toe touches while bouncing and catching the ball.<br>Step right and close, then step left and close.<br>Repeat actions.<br>Rest.                                                       | 1-8<br>9-16<br>17-20<br>21-24<br>25-32 |
| 8. With both feet together jump backwards, bounce the ball, clap hands,<br>then catch the ball.<br>Repeat actions 3 times<br>March backward 8 small steps while holding ball straight out in front;<br>rotate wrists to make ball move sideways to the right and left.<br>Rest. | 1-4<br>5-16<br>17-24<br>25-32          |
| 9. Alternate bouncing and catching the ball with tossing and catching the ball.<br>Rest.                                                                                                                                                                                        | 1-16<br>17-24                          |
| 10. 4 kicks to the right side with a straight left leg while bouncing and catching the ball.<br>4 kicks to the left side with a straight right leg while bouncing and catching the ball.<br>Rest.                                                                               | 1-8<br>9-16<br>17-24                   |

|                                                                                                                                                                                                                                                          |                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| 12. <b>A</b> - dribbles the ball clockwise around knees for 8 counts,<br>then dribbles counterclockwise for 8 counts.<br><b>B</b> - stands still and snaps fingers.<br><b>A</b> - bounce passes the ball to <b>B</b> .                                   | 1-32<br>33-40          |
| 13. <b>A</b> - stands still and snaps fingers.<br><b>B</b> - dribbles the ball clockwise around knees for 8 counts,<br>then dribbles counterclockwise for 8 counts.<br><b>B</b> - bounce passes the ball back to <b>A</b> .                              | 1-32<br>33-40          |
| 14. Rest.                                                                                                                                                                                                                                                | 1-8                    |
| 15. <b>A</b> - takes 4 small steps forward while bouncing and catching the ball with both hands.<br><b>B</b> - takes 4 small steps forward while facing partner and snapping fingers.<br>Rest.<br><b>A</b> and <b>B</b> hold opposite sides of the ball. | 1-16<br>17-24<br>25-32 |
| 16. <b>A</b> and <b>B</b> work cooperatively together pushing and pulling the ball,<br>leaving the ball in <b>B</b> 's hands after the 4th push-pull.<br>Rest.                                                                                           | 1-16<br>17-24          |
| 17. <b>A</b> - takes 4 small steps backward while facing partner and snapping fingers.<br><b>B</b> - takes 4 small steps backward while tossing and catching the ball with both hands.<br><b>B</b> - bounce passes the ball back to <b>A</b> .<br>Rest.  | 1-16<br>17-24<br>25-32 |
| 18. <b>A</b> and <b>B</b> overhead pass back and forth 8 times.                                                                                                                                                                                          | 1-32                   |
| 19. <b>A</b> and <b>B</b> circle and freeze.                                                                                                                                                                                                             | 1-16                   |

## BILLY JEAN

*This activity is done in scatter formation with students designated as partners **A** and **B**. Students manipulate the ball in a straddle leg position. In this activity, students advance to traveling forward and backward while bouncing and tossing the ball.*

| DIRECTIONS                                                                                                                                                                                                                                                                         | COUNTS                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 1. Partners face each other.                                                                                                                                                                                                                                                       | 1-16                            |
| 2. <b>A</b> rolls the ball slowly to <b>B</b> .<br><b>B</b> rolls the ball slowly back to <b>A</b> .                                                                                                                                                                               | 1-16<br>17-32                   |
| 3. <b>A</b> rolls the ball around the right foot.<br><b>B</b> stands still and snaps fingers.<br><b>A</b> rolls the ball to <b>B</b> .<br><b>B</b> rolls the ball around the right foot.<br><b>A</b> stands still and snaps fingers.<br><b>B</b> rolls the ball back to <b>A</b> . | 1-16<br>17-24<br>25-40<br>41-48 |
| 4. <b>A</b> rolls the ball around both feet.<br><b>B</b> stands still and snaps fingers.<br><b>A</b> rolls the ball to <b>B</b> .<br><b>B</b> rolls the ball around both feet.<br><b>B</b> rolls the ball back to <b>A</b> .                                                       | 1-16<br>17-24<br>25-40<br>41-48 |
| 5. Rest.<br><b>A</b> and <b>B</b> roll the ball back and forth 8 times.<br>Rest.                                                                                                                                                                                                   | 1-8<br>9-36<br>37-44            |
| 6. <b>A</b> bounces and catches the ball 8 times with both hands.<br><b>B</b> stands still and snaps fingers.<br><b>A</b> rolls the ball to <b>B</b> .                                                                                                                             | 1-32<br>33-40                   |
| 7. <b>A</b> stands still and snaps fingers.<br><b>B</b> bounces and catches the ball 8 times with both hands.<br><b>B</b> rolls the ball back to <b>A</b> .                                                                                                                        | 1-32<br>33-40                   |
| 8. Rest.                                                                                                                                                                                                                                                                           | 1-16                            |
| 9. <b>A</b> walks forward 4 small steps while bouncing and catching the ball.<br><b>B</b> alternates lifting hip, knee and heel 8 times beginning on the<br>right side while snapping fingers.<br>Rest.                                                                            | 1-16<br>17-24                   |
| 10. <b>A</b> walks backward 4 small steps while tossing and catching the ball.<br><b>B</b> alternates lifting hip, knee, and heel 8 times beginning on the<br>right side while snapping fingers.<br><b>A</b> bounce passes the ball to <b>B</b> .<br>Rest.                         | 1-16<br>17-24<br>25-32          |

(Continue on page 4)

|                                                                                                                                                                                                                                                 |                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| 11. <b>A</b> alternates lifting hip, knee, and heel 8 times beginning on the right side while snapping fingers.<br><b>B</b> walks forward 4 small steps while bouncing and catching the ball.<br>Rest.                                          | 1-16<br>17-24          |
| 12. <b>A</b> alternates lifting hip, knee, and heel 8 times beginning on the right side while snapping fingers.<br><b>B</b> walks backward 4 small steps while tossing and catching the ball.<br><b>B</b> bounce passes back to <b>A</b> .      | 1-16<br>17-24          |
| 13. While holding the ball with both hands, <b>A</b> pushes the ball with little pulses and turns in a completes circle to the right.<br><b>B</b> stands still and snaps fingers.<br><b>A</b> bounce passes the ball to <b>B</b> .              | 1-16<br>17-24          |
| 14. <b>A</b> stands still and snaps fingers.<br>While holding the ball with both hands, <b>B</b> pushes the ball with little pulses and turns in a complete circle to the right.<br><b>B</b> bounce passes the ball back to <b>A</b> .<br>Rest. | 1-16<br>17-24<br>25-32 |
| 15. <b>A</b> alternates right and left hands to continuously bounce the ball 12 times.<br><b>B</b> stands still and snaps fingers.<br><b>A</b> bounce passes the ball to <b>B</b> .<br>Rest.                                                    | 1-12<br>13-20<br>21-28 |
| 16. <b>A</b> stands still and snaps fingers.<br><b>B</b> alternates right and left hands to continuously bounce the ball 12 times.<br><b>B</b> bounce passes the ball back to <b>A</b> .<br>Rest.                                               | 1-12<br>13-20<br>21-28 |
| 17. <b>A</b> rolls the ball around both feet in a figure 8 pattern.<br><b>B</b> stands still and snaps fingers.<br><b>A</b> rolls the ball to <b>B</b> .                                                                                        | 1-16<br>17-24          |
| 18. <b>A</b> stands still and snaps fingers.<br><b>B</b> rolls the ball around both feet in a figure 8 pattern.<br><b>B</b> rolls the ball back to <b>A</b> .<br>Rest and freeze.                                                               | 1-16<br>17-24<br>25-36 |

## LET’S HEAR IT FOR THE BOY

*This activity is done in a double circle formation. Students participate as partners designated **A** and **B**. **A** should stand in the outside circle facing partner **B** who is in the inside circle.*

| DIRECTIONS                                                                                                                                                                                              | COUNTS        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| 1. <b>A</b> and <b>B</b> face each other, and hold opposite sides of the same ball.                                                                                                                     | 1-16          |
| 2. <b>A</b> and <b>B</b> work cooperatively together pushing and pulling the ball.<br>Rest.                                                                                                             | 1-16<br>17-32 |
| 3. <b>A</b> - slides* right 4 times while bouncing and catching the ball with both hands, then bounce passes the ball to partner on the 4th bounce.<br><b>B</b> - slides left 4 times facing <b>A</b> . | 1-32          |
| 4. <b>A</b> - slides right 4 times facing <b>B</b> .<br><b>B</b> - slides left 4 times while bouncing and catching the ball with both hands, then bounce passes the ball to partner on the 4th bounce.  | 1-32          |
| 5. <b>A</b> - slides left 4 times while bouncing and catching the ball with both hands, then bounce passes the ball to partner on the 4th bounce.<br><b>B</b> - slides right 4 times facing <b>A</b> .  | 1-32          |
| 6. <b>A</b> - slides left 4 times facing <b>B</b> .<br><b>B</b> - slides right 4 times while bouncing and catching ball with both hands, then bounce passes the ball to partner on the 4th bounce.      | 1-32          |
| 7. Rest.                                                                                                                                                                                                | 1-8           |
| 8. <b>A</b> and <b>B</b> chest pass back and forth 8 times.                                                                                                                                             | 1-32          |
| 9. Rest.                                                                                                                                                                                                | 1-16          |
| 10. <b>A</b> - dribbles the ball eight times with right hand (dominant), then rolls the ball to <b>B</b> .<br><b>B</b> - stands still and snaps fingers.                                                | 1-16          |
| 11. <b>A</b> - stands still and snaps fingers.<br><b>B</b> - dribbles the ball 8 times with the right hand (dominant), then rolls the ball to <b>A</b> .<br>Rest.                                       | 1-16<br>17-24 |

\* Slides are side gallops that begin with a left or right foot leader.

(Continue on page 6)