

Catching, Throwing, Kicking

Many New Zealand kids develop excellent ball skills, and this should be encouraged in the early years of a child's life in a fun and relaxed way. Try starting your child off with a balloon, bubbles, or a beach ball as these items help in develop the skills needed later on to throw and catch. Even throwing the rolled up socks into the washing basket is fun!

Why is throwing, catching and kicking important?

Have you ever seen the face light up of a young child who has just kicked a goal? Young children love throwing, catching, kicking, bouncing and rolling balls. They especially love to have fun learning and playing with family and friends. Throwing, catching and kicking skills are necessary for:

- Developing hand-eye coordination
- Developing foot-eye coordination
- Sports skills
- Writing—hand and eye need to work together
- Reading, rhythm and timing



Infants love to throw, so give them plenty of opportunities with soft items so they can focus on the skill and experience some success rather than worrying about it hurting their fingers to begin with.

Games can be fun, but let your children tell YOU the rules

- Encourage your child to participate at their level. Organised sport can be difficult and frustrating to understand at a young age when all you want to do is play!
- Encourage your child to play simple games that develop ball skills before they play organised sport.

Try using different resources like bubbles, balloons or beanbags.

