



Cocoon
empowering our children

Activities to Play with Early Years Children

The ideas on these pages are designed for a parent and child to do together in the home, garden or park. They build on the child's gross motor skills which are important skills for developing our cricketers of the future.

Use any ball, tennis, football, ping pong or even a pair of rolled up socks!



Rolling Skills.

Use a large ball to make it easier.

- Roll the ball to each other
- Roll towards an object such as a tree, chair or plant pot
- Try and hit the object with the ball
- Roll down a ramp or stairs
- Roll through your legs
- Roll the ball behind or around you
- How far can we roll?
- Roll a ball along a line
- Chase a rolling ball



Throwing a Ball.

Be careful if throwing a ball inside.

- Throw the ball to each other
- Throw towards an object such as a bin, wall or cushion
- Try and hit the object with the ball
- Throw a ball on the ground and make it bounce
- Catch the ball that your child has thrown to you
- Find a space and throw as far and high as you can



Stepping, Striding & Jumping.

Young children need to practise lots of movement skills.

- Give challenges out walking ... travel along the lines, jump over the cracks, etc.
- Play chasing games in the park: change direction and speed
- Play games ... move like your favourite animal, tv character or friend
- Play "follow the leader ... stop, start, change direction, sideways, backwards



Striking & Batting Skills.

Learning to hit a ball is easy, but take care if doing it inside.

- Roll the ball towards your child for them to hit with their hand or foot
- Use a small bat or racket if you have one
- Get your child to hit towards an object, like a box, bin or tree
- Use an object further away and play “mini-golf”: how many hits until we reach the object. Play together to make it a team effort
- Hit the ball against a wall and watch it rebound
- Dribble the ball along the floor like a hockey player or footballer
- Balance the ball on the hand or bat



Catching a Ball.

Use a large ball to practise catching. Always have “ready hands”: hands close together, in front of the body ready for the catch.

- Catch a ball that has bounced on the floor 2 or 3 times
- Throw the ball to each other
- Count how many times you catch it
- Play catch against a wall
- Throw up in the air and catch



Stopping the ball.

Practise stopping a moving ball.

- Roll or hit the ball and get your child to stop it with their hand or foot
- Roll it faster or slower
- Make a “goal” and your child has to stop the ball before it goes through
- Can they stay standing up and stop the ball



Make it harder! Make it easier!

- A smaller ball makes it harder, a larger ball makes it easier
- A smaller space makes it easier, a larger space makes it harder
- A bigger object to aim at is easier, a smaller object is harder
- Working together can make it easier
- Change the ball used to learn different skills
- Hitting, start with a still ball, then a rolling ball then a bouncing ball