

Cumbria County Council
Early Years Team

What can I do today?



This week it is... **Balls**

Friday

Ball dribble

- Set up some cones in the garden or the in the house. If you don't have cones you could make some out of card or you could just use anything that you have available to mark out an area.
- Space them out, giving enough space for your child to move in and out.
- Show your child how to dribble the ball in and out of the cones. Now let them try.
- Try making it more challenging by including other objects that they have to manoeuvre around, e.g. hoop, washing basket, plant posts, kicking it through a tunnel.
- Why not finish by kicking the ball in to a goal area. (Goal shooting practice!)
- For older children make the space smaller between the cones/objects to make it a bit more of a challenge.