

Football Activities to Develop Gross Motor Skills

Gross Motor Skills Groups

This is one of a series of activities designed to aid the development of a child's gross motor skills. Each session begins with some warm up exercises to improve the children's balance, co-ordination, bi-lateral integration and spatial awareness. A range of equipment is used during the sessions that have been approved and recommended by physiotherapists and occupational therapists.

Most exercises are also attempted without vision.

Equipment used

Benches, hoops, quoits, cones, mats, physio balls, physio rolls, scoot boards, a variety of weights and sizes of balls, rocker board, bubble wrap, bean bags, tunnels, hockey sticks, markers and posts.

How the equipment is used

Benches: to walk forwards, backwards, sideways, on tiptoes, heels and heel to toe. To pull along whilst on stomach, crawl and step ups. Occasionally hoops are placed around the benches and the children crawl under or over them. The benches are usually put out on angles or straight lines.

Quoits, cones and markers: to make courses for the children to follow.

Mats: these are nearly always set out diagonally. Children follow the direction around the edge of the mats by walking, running, knee walking or using hockey sticks and balls.

Tunnels: to crawl through, to roll in and to roll balls through.

Physio ball and roll: to sit on, lay on (front and back), to act as support.

Rocker board: for balance.

Variety of balls: different weights and sizes for visual and spatial perception.

Scoot boards: to lay on, sit on and kneel on.

Edra cones and hoops: are used to make an obstacle course. All the warm up exercises for balance, body awareness, body perception and co-ordination are attempted without vision.

Football Activities

All these activities help to improve hand/eye/foot co-ordination, spatial awareness and directional ability.

- Dribble the ball in a straight line using both feet to control the ball. When the child is confident, increase the difficulty by allowing the child to use only their dominant foot to control the ball and then their non-dominant foot.
- Dribble the ball around a course of cones or markers using both feet to control the ball. Increase the difficulty by allowing the child to use only their dominant foot to control the ball and then their non-dominant foot.
- Dribble the ball around a course of hoops using both feet to control the ball. Increase the difficulty by allowing the child to use only their dominant foot to control the ball and then their non-dominant foot.
- Repeat all the above exercises but with their arms behind them to discourage the child from accidentally touching the ball.
- Stand straight facing a partner and kick the ball to each other using only the right leg. Repeat several times and gradually widen the distance between them to increase the difficulty.
- Stand straight facing a partner and kick the ball to each other using only the left leg. Repeat several times and gradually widen the distance between them to increase the difficulty.
- Facing a partner, kick the ball to each other using only the right leg whilst moving around the hall. Repeat with the left leg.
- Stand in between 2 hoops keeping the lower part of the body still. Turn to the right and bounce the ball 3 times inside the hoop. Next, turn to the left whilst keeping the lower part of the body still and bounce the ball 3 times inside the hoop. Repeat several times. Increase the difficulty by using only the right hand to bounce the ball in each side and then the left hand.
- Facing a partner, place a hoop in between each other and bounce the ball into the hoop enabling the partner to catch it. Repeat several times. Increase the difficulty by widening the distance between each other. Sit down facing a partner and roll the ball, using both hands, to each other. Increase the difficulty by widening the distance and using only the left hand or the right hand to roll the ball to each other.

