

Improving Accuracy

Lots of the games that we play involve throwing a ball with accuracy. For example, in cricket we need to bowl with accuracy to hit the stumps and in Hi-5 we want to make sure that we are passing the ball to the correct person. We would like you to practice the accuracy of your throwing this week as this will help you with so many team games.

Here are just a few ideas of how you can practice your accuracy at home:

Point Based Games

Set yourself some targets that you can earn points for hitting. The harder it is to hit – the more points you earn!



Throwing to a partner

If you have someone at home willing to be your partner, why not try passing the ball to them accurately. To make it harder you can move further away from one another, or move around as you are throwing and catching.



Create your own cricket stumps

You could create your own stumps to bowl towards. These could be made with water bottles or used plastic bottles (just make sure you check with an adult first). The more confident you become, the further away from the stumps you could throw from.



Don't forget to warm up!

It is important to warm up before starting any exercise to avoid injury. These '5 minute moves' would be a brilliant warm-up to get you moving.

<https://www.youtube.com/watch?v=d3LPrhI0v>

If you would like to challenge yourself, why not give this a go:

Sevens Ball Game

You will need a ball.

Practise your throwing and catching skills with this Sevens Ball Game challenge. Starting at 7 and working down to 1, complete each throwing and catching activity in order without dropping the ball. If you make a mistake, you must start back at number 7 again.



7

Throw the ball up in the air, let it bounce once and catch it.

Complete 7 times.



6

Throw the ball up in the air and catch it, without a bounce.

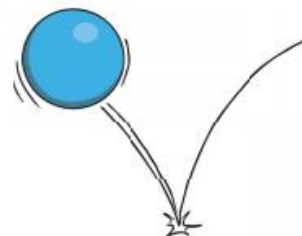
Complete 6 times.



5

Bounce the ball on the ground five times and catch it.

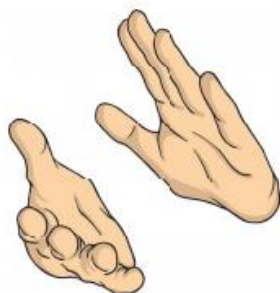
Complete 5 times.



4

Throw the ball up in the air, clap once and catch it.

Complete 4 times.



3

Throw the ball under one leg, up in the air and catch it.

Complete 3 times.



2

Throw the ball up in the air, do a 360° turn, let the ball bounce once and catch it.

Complete twice.



1

Throw the ball up in the air, do a 360° turn and catch it, without a bounce.

Complete once.



