



Ball Skills EYFS

Overview

Week 1:

- Ball Familiarisation Football
- Basics of dribbling Football

Week 2:

- Dribbling Football
- Basics of passing Football

Week 3:

- Combining passing and dribbling football.

Week 4:

- How to dribble with a tennis ball Hockey
- Basics of dribbling

Week 5:

- How to pass a ball in hockey.
- Dribble and pass

Week 6:

- Tag Rugby ball familiarisation / Travelling safely holding the ball correctly.

Week 7:

- Conditioned ball games combination of Football, Hockey, and Tag rugby