



WIMASU BALLHANDLING



by Christoph Walther

The following material is based on the concept of the Heidelberg 'Ball School' (ballschule.de). It can be used in primary and middle school.

The material consists of 20 cards. Those cards represent movement tasks with different balls which are supposed to be performed as partner workouts. In the sense of a cross-game mediation concept, the tasks should improve the feeling as well as the coordination with a ball. To count the accomplished cards or to work through as many task cards as possible can serve as an incentive for extrinsic motivation.

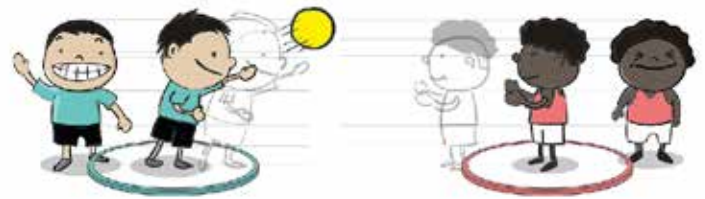
Whether in preparation for the great role models such as handball, football, basketball, volleyball, or for smaller games such as 'prison ball', 'Dodgeball', etc., the basic skills and abilities to work with a ball should become the main learning objective, particularly in primary and lower grades of middle school.

According to the ABC model of the Heidelberg ball school, the present material can be assigned to the areas of coordination (area B "abilities", especially ball feeling, time pressure, precision pressure) and

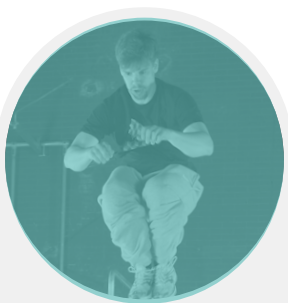
technique (area C "skills", in particular recognizing the flight path of the ball); it is very suitable for beginners.

The 20 cards that represent movement tasks should be completed in partner work. In order to do this, we usually place the cards in the center of the gym in a circular shape. In addition, some material and different balls must be provided. The pupils have the task to complete as many tasks as possible, each with different partners.

THE CARDS:



20 movement tasks, drawn by NAO Matsuyama. You can find more drawings of him in our ice-breaking activity "[Time to Play](#)".



AUTHOR

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Walther, Ch. (2017). WIMASU Ballhandling. Access on DATE via wimasu.com/ballhandling.

LIZENZ

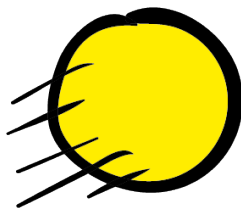
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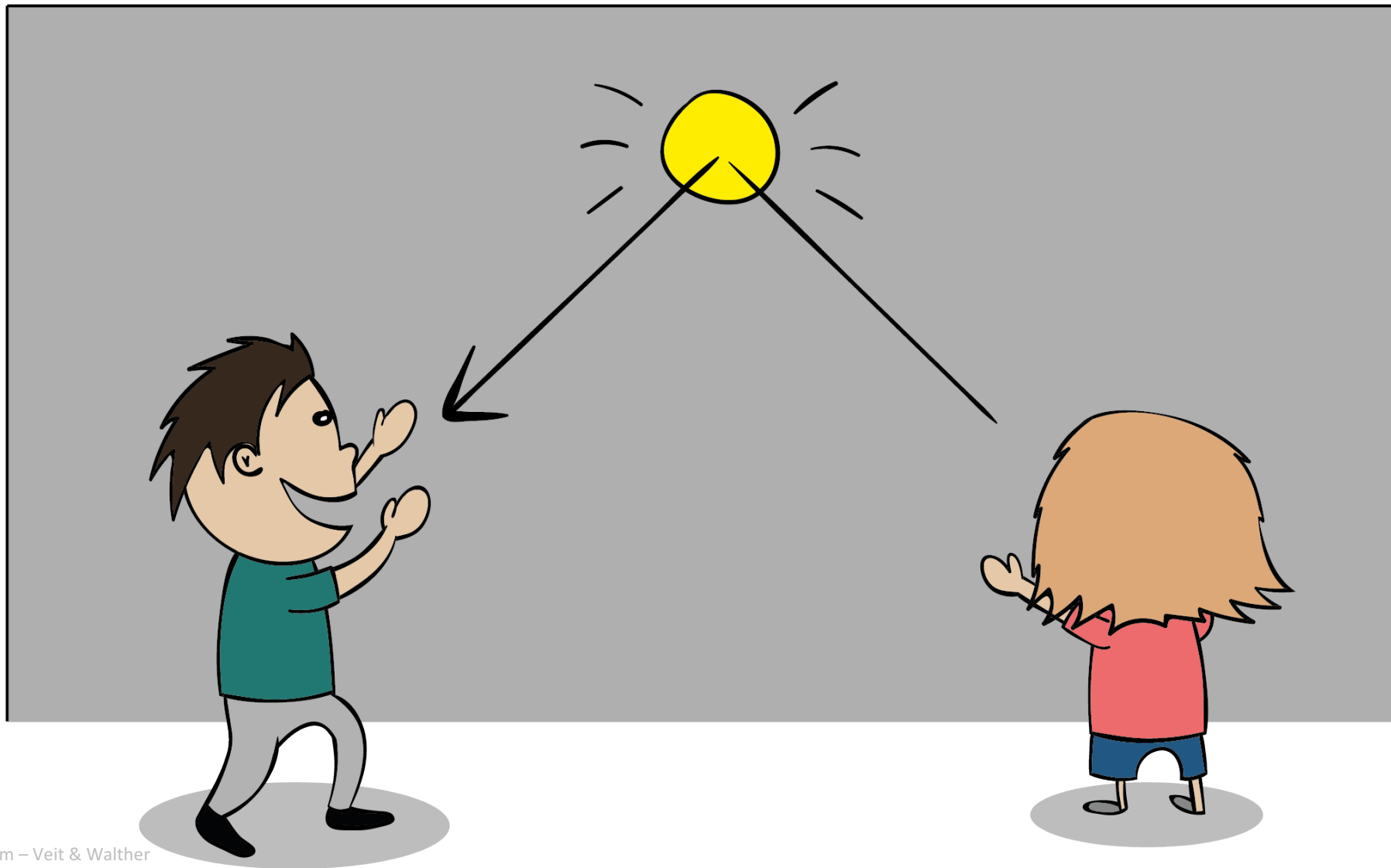


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Pass the ball 10 times without leaving the hoop.



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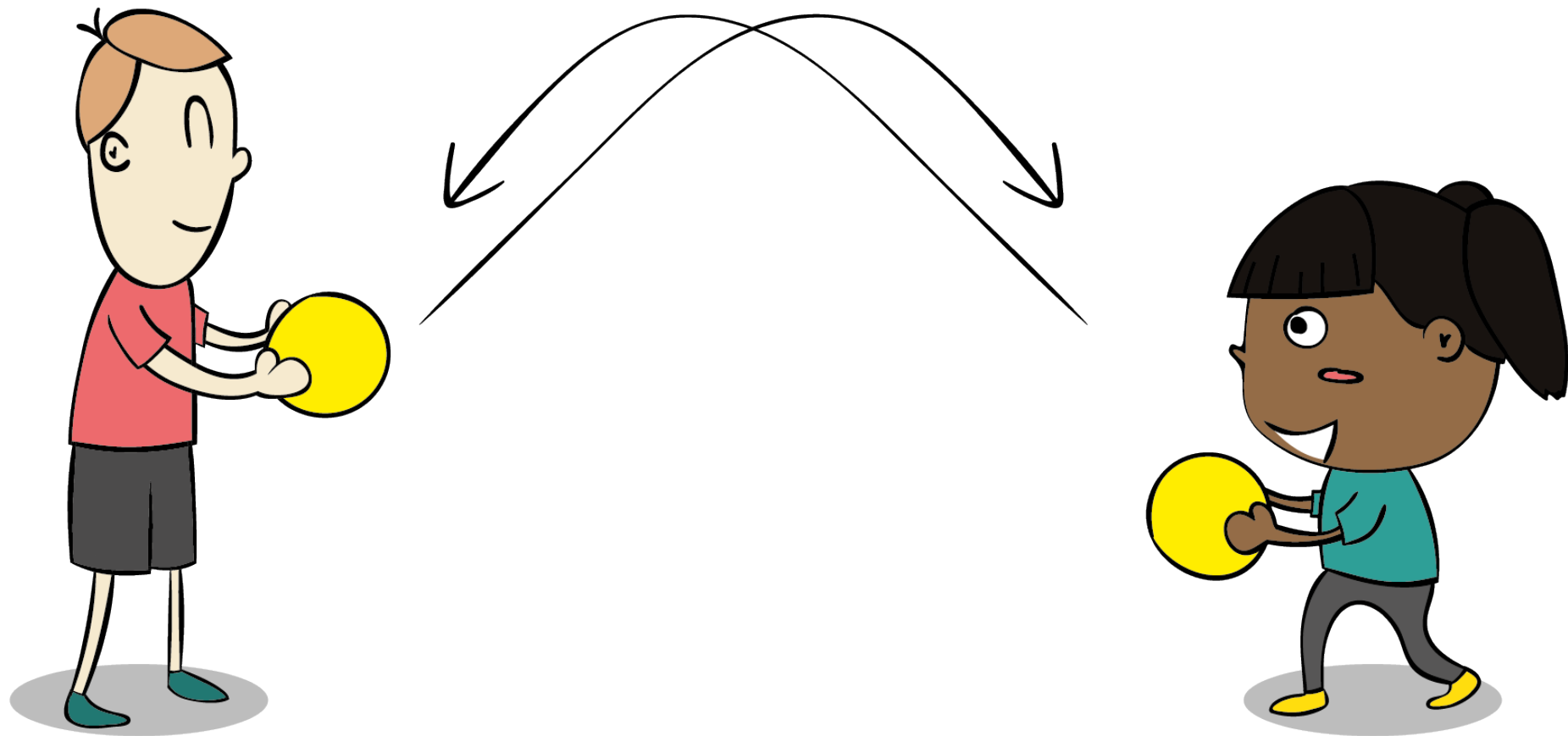


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Pass the ball 10 times by hitting the wall.



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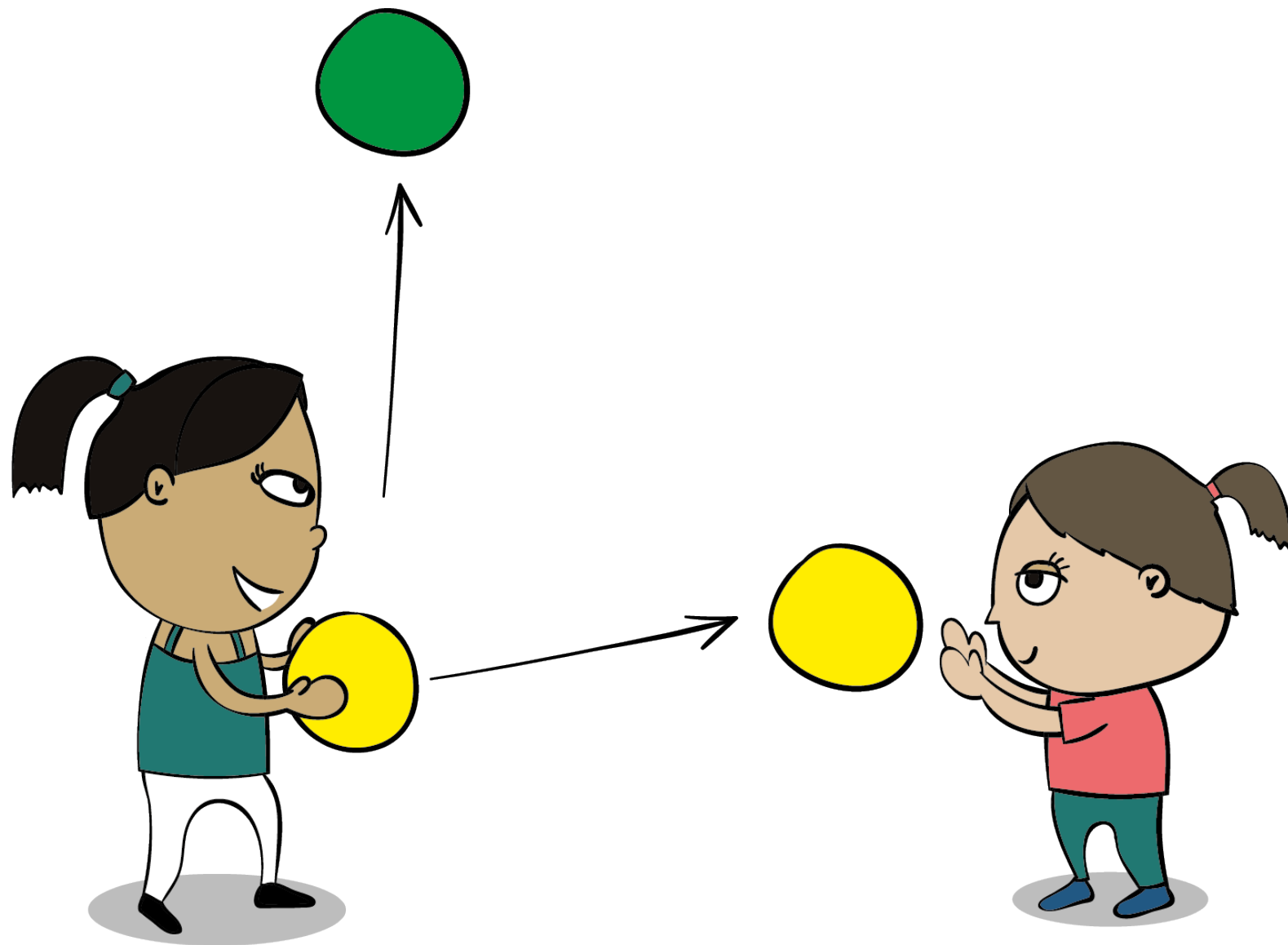


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At the same time, pass 2 balls 10 times to each other.



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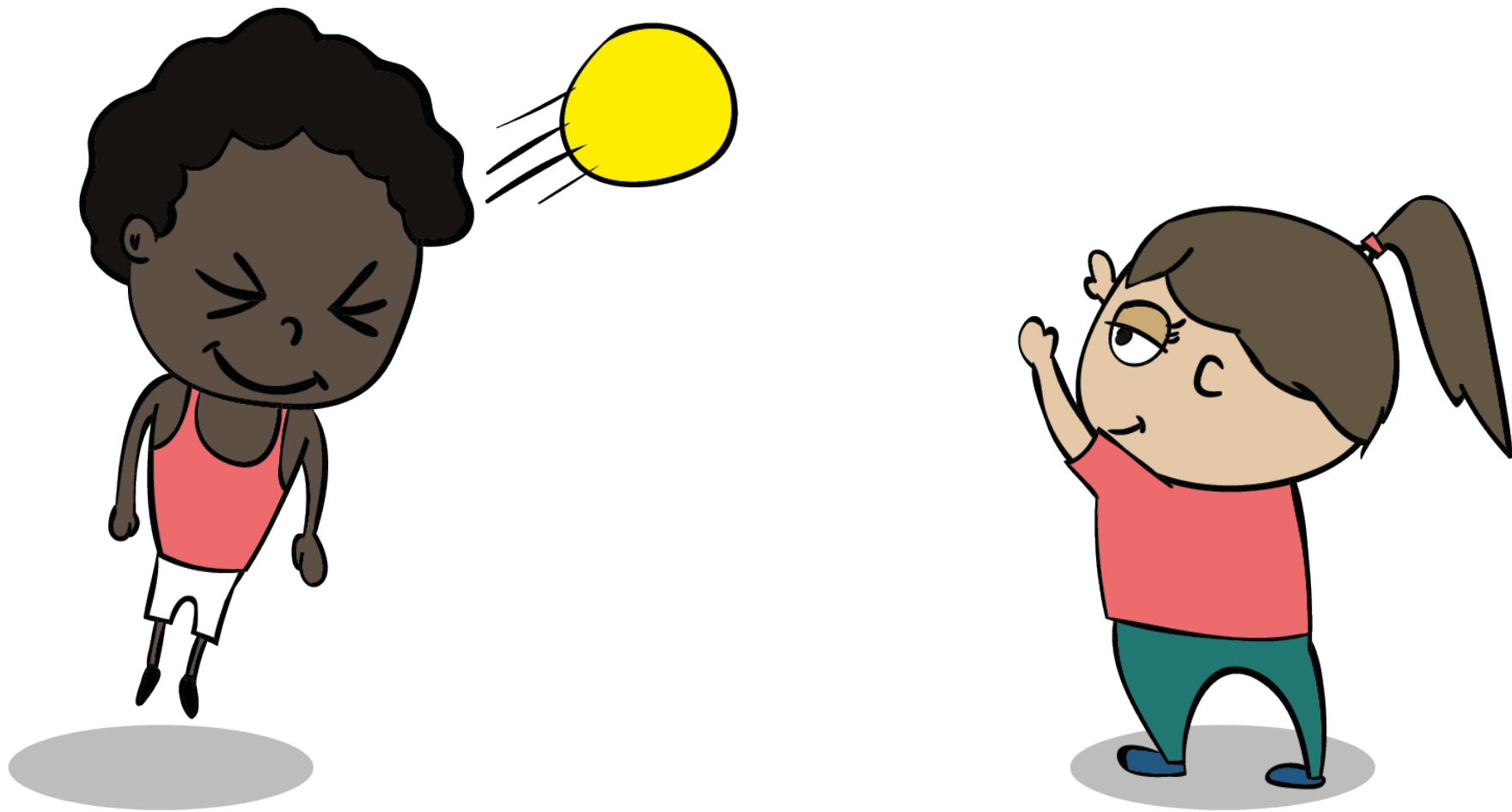


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One throws the ball up in the air, then you quickly adjust another ball back and forth. Take turns.



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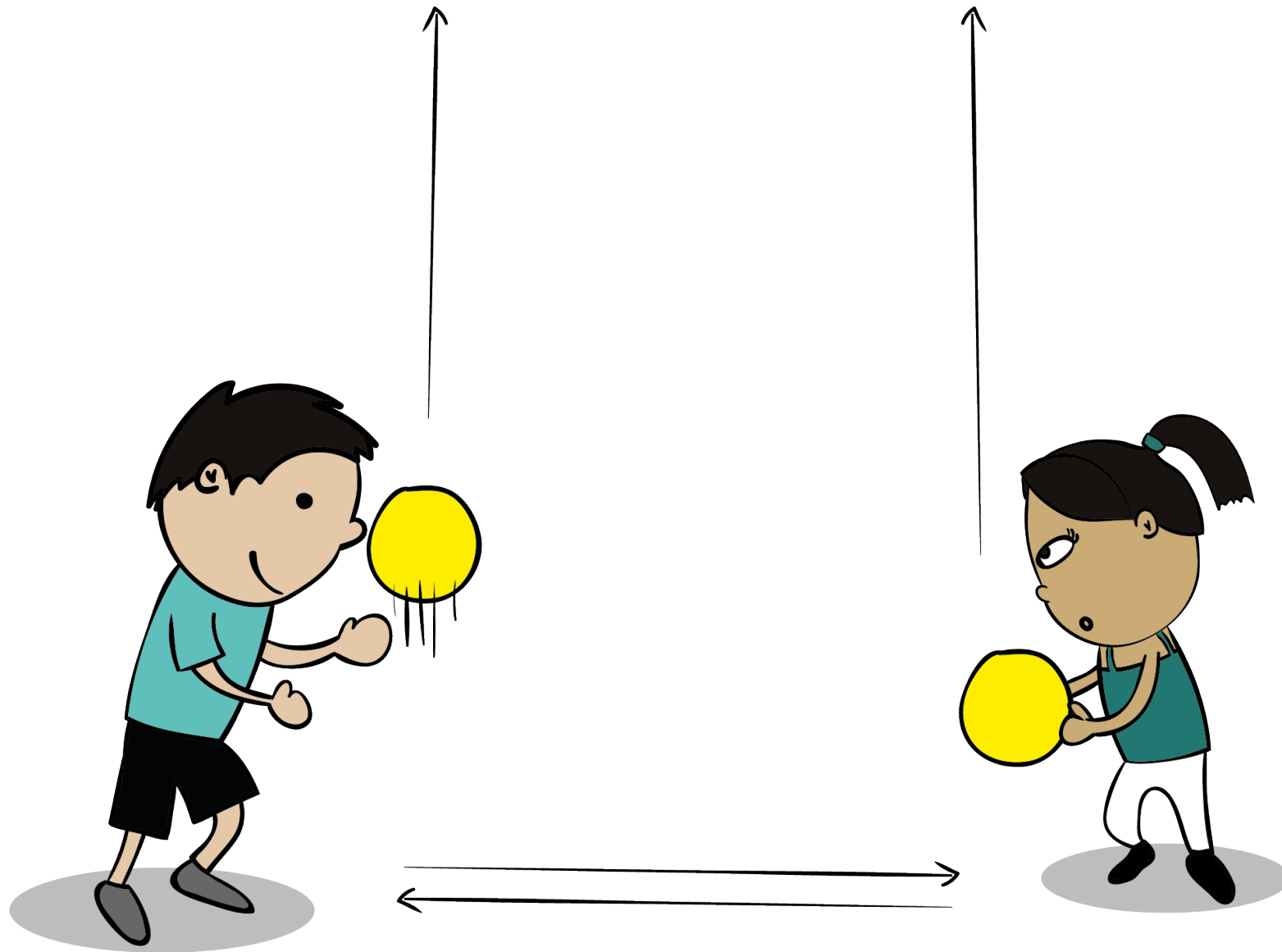


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Head the ball 10 times.



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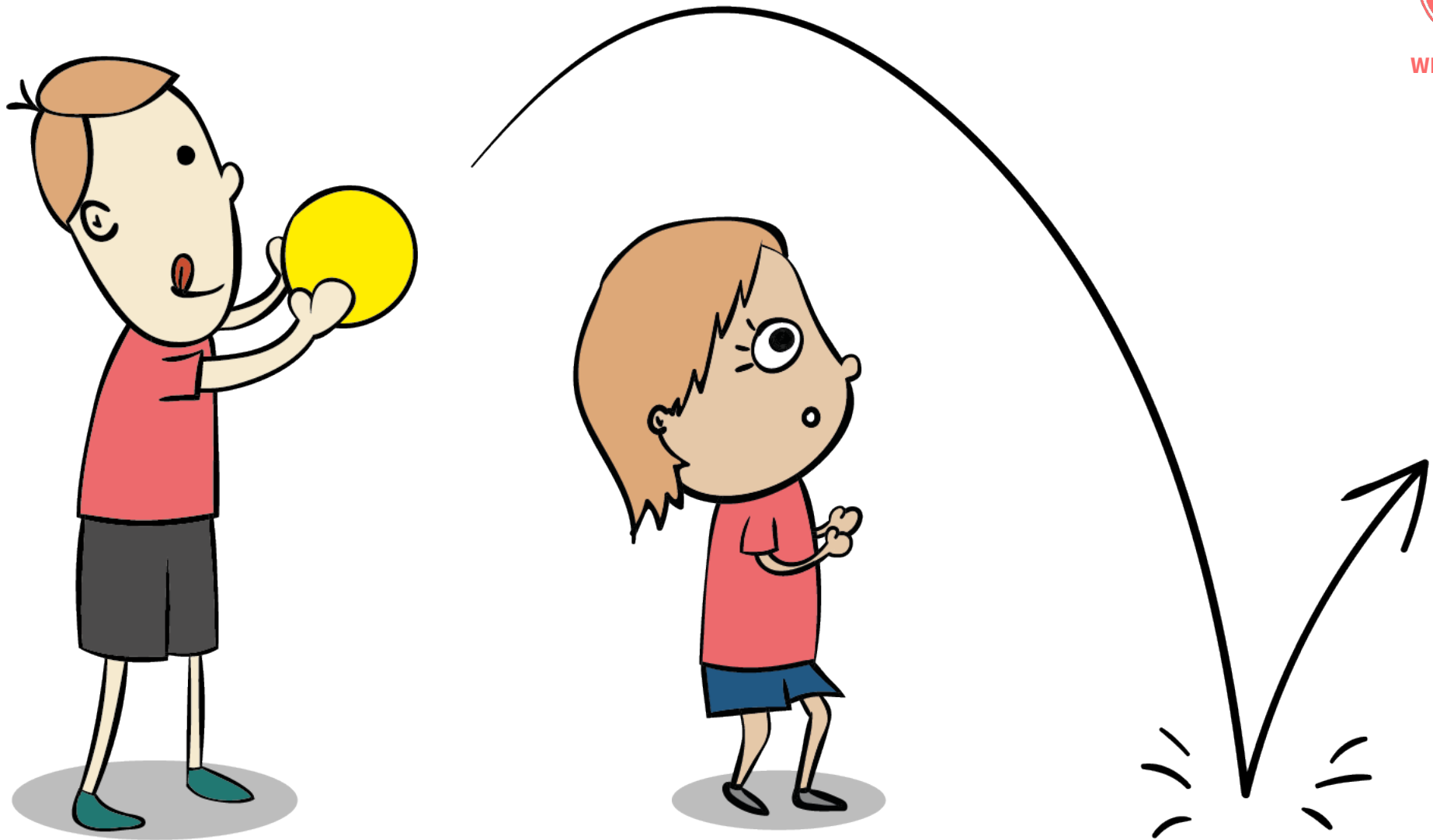


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Throw the ball five times in the air, doing this, change your position and ball.



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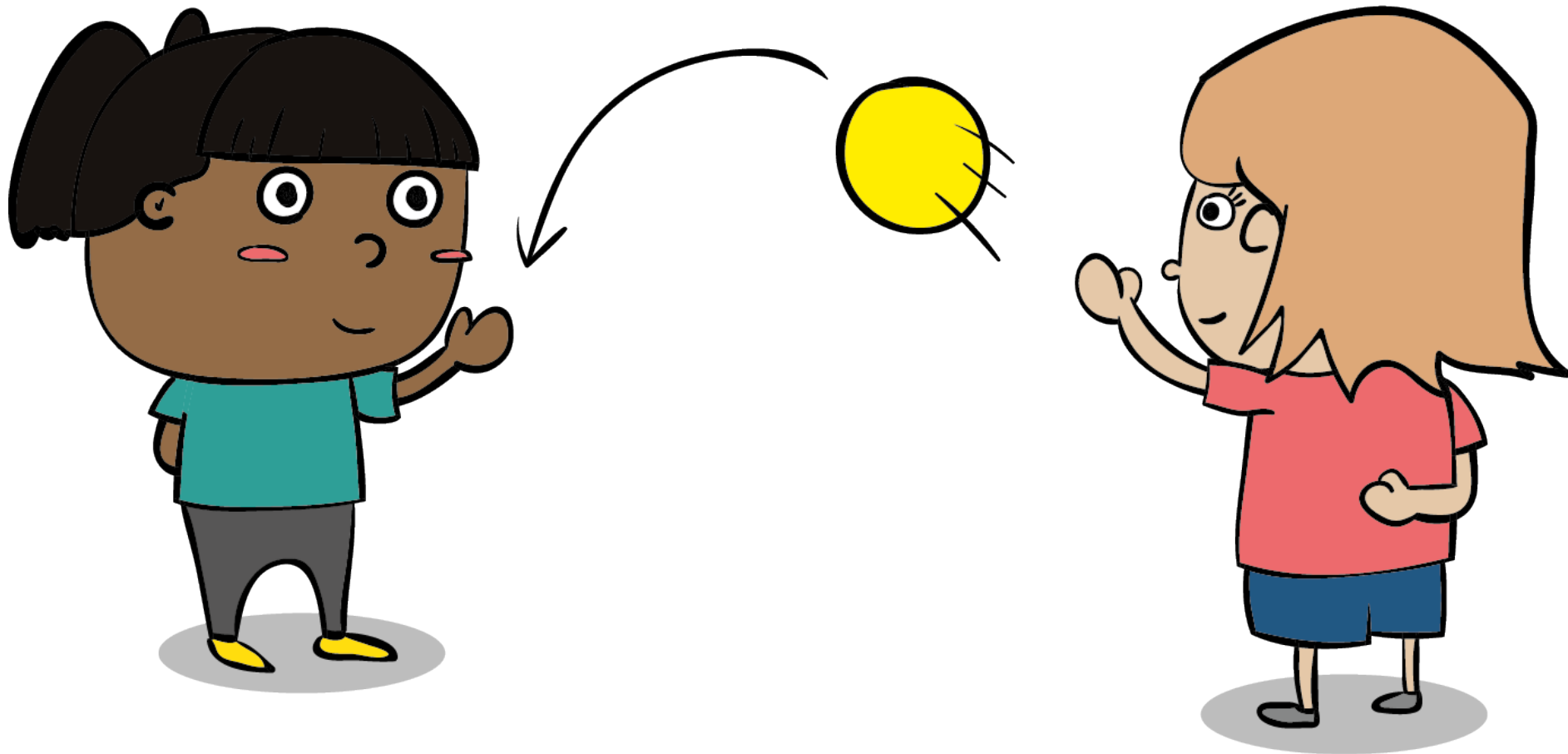


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Let the ball jump 1 or 2 times, then the ball has to be caught.
Everyone should do this 5 times.



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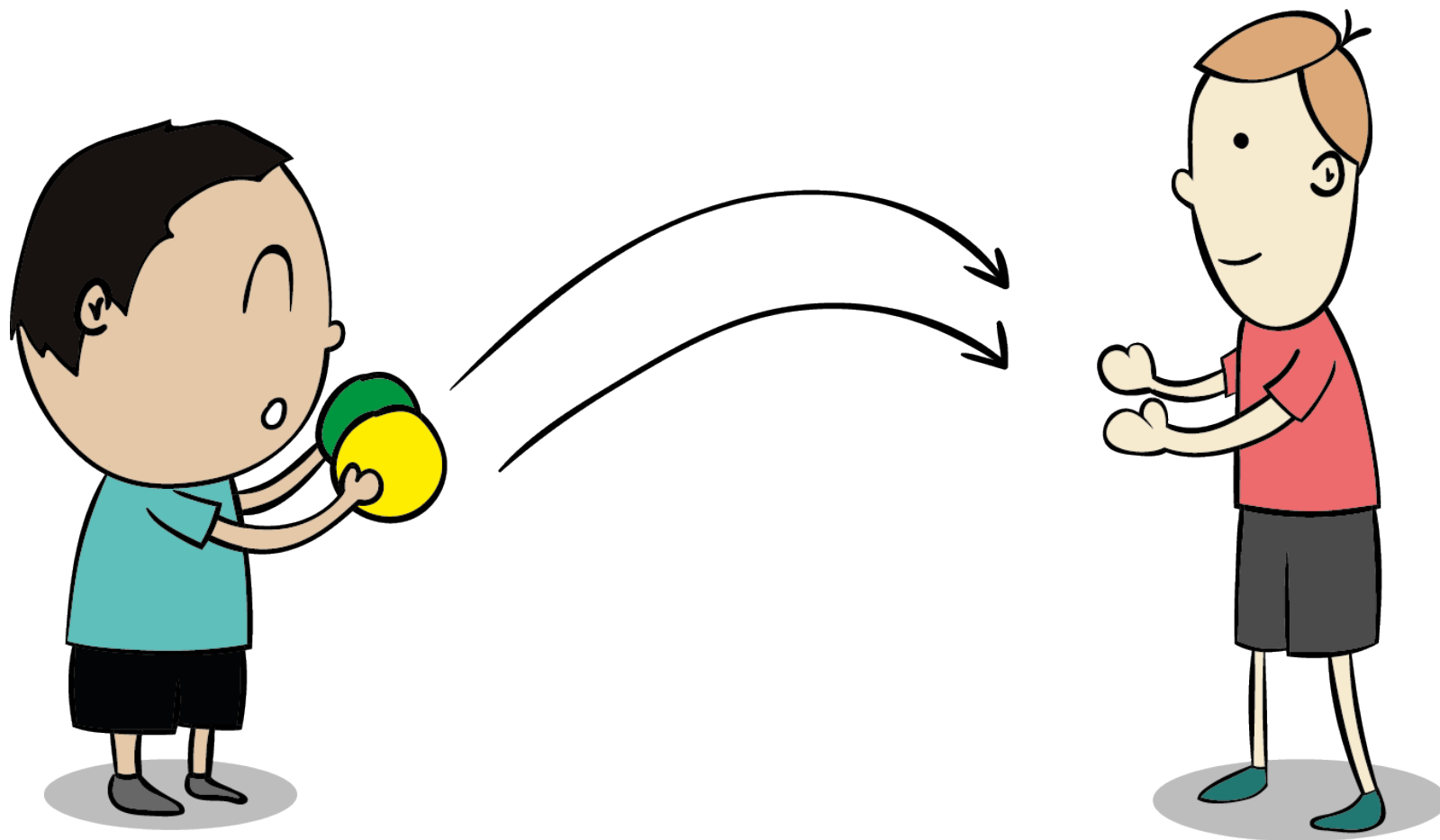


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Throw and catch the ball one-handed. Do it 10 times.



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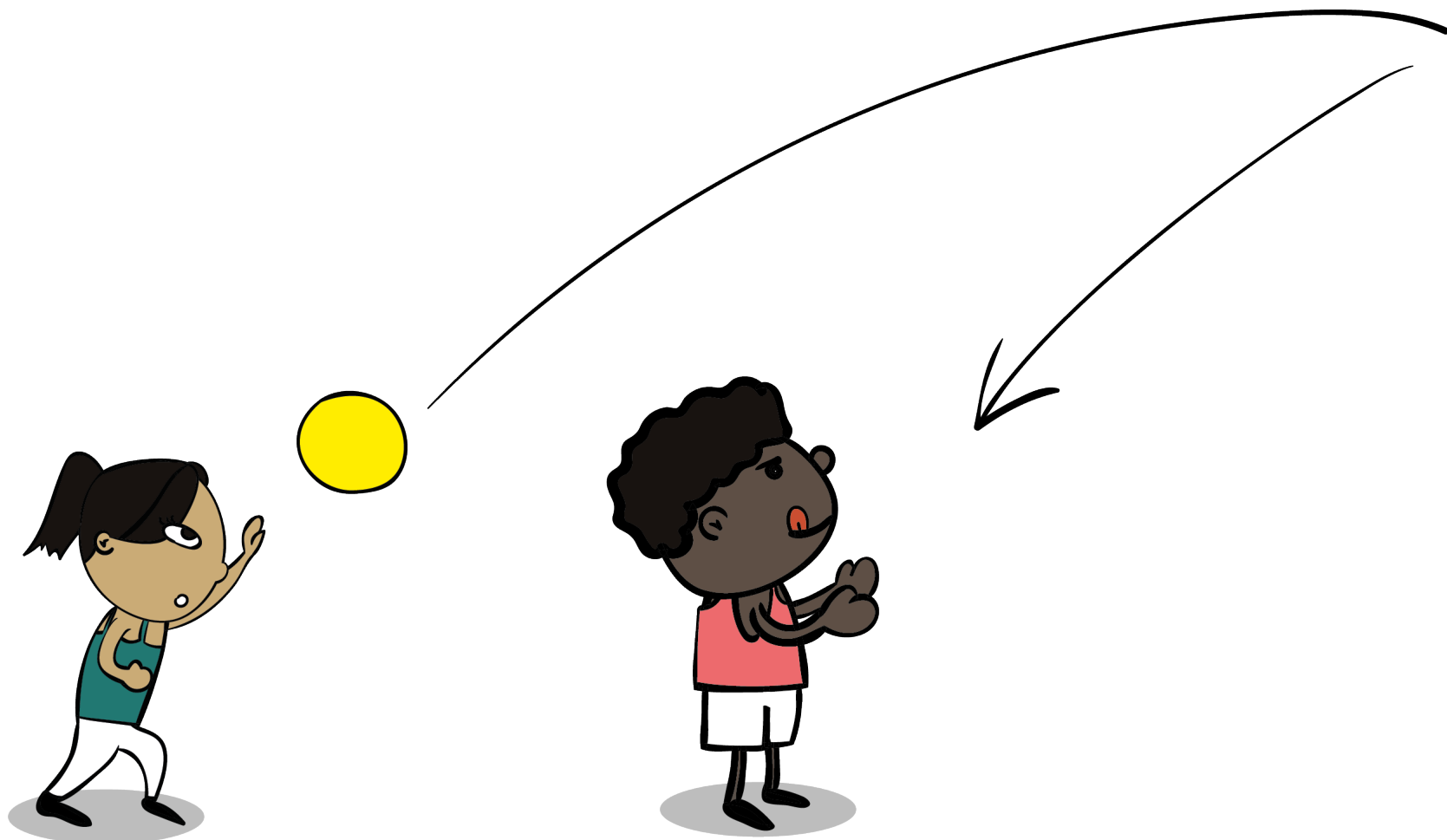


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Throw and catch 2 balls at the same time. Do this 10 times.



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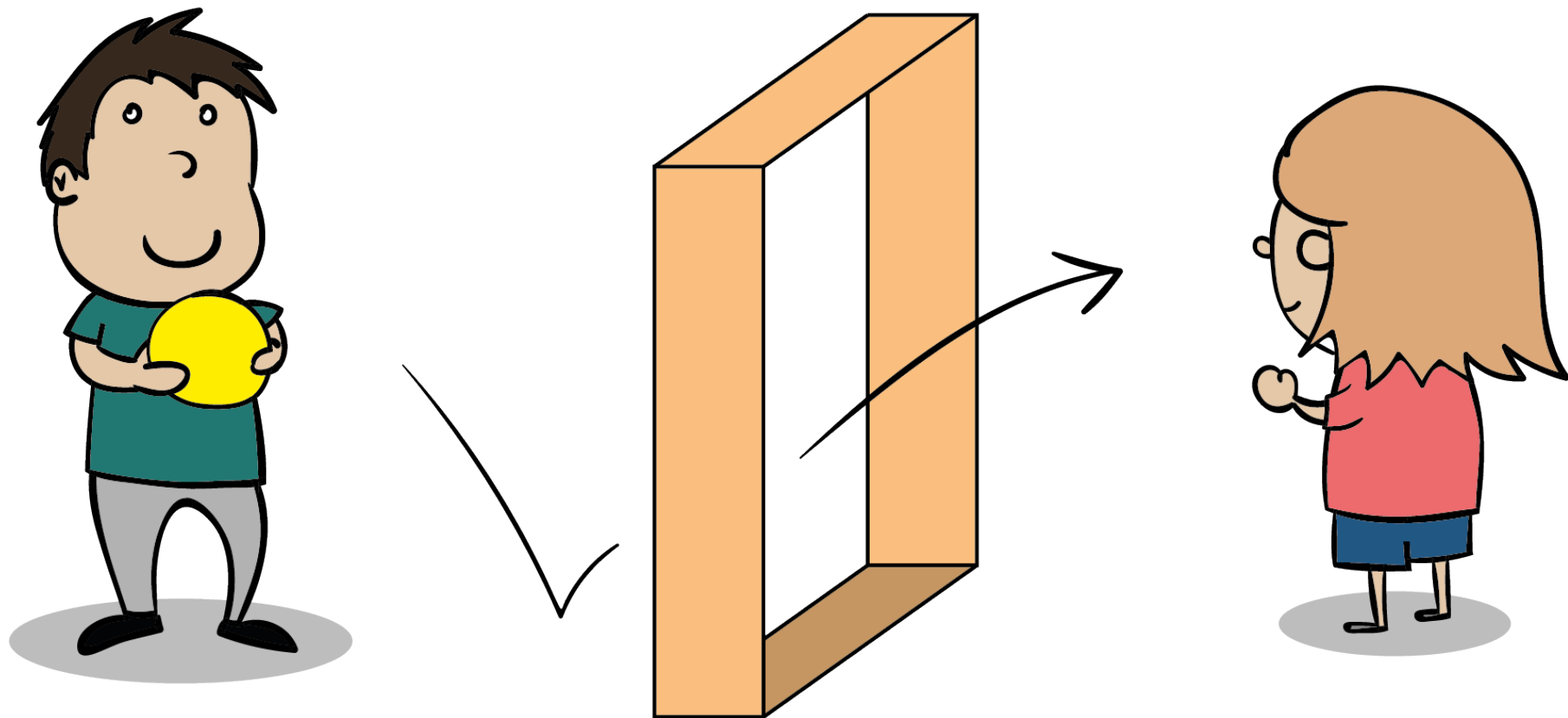


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Stand one after another and pass the ball 10 times by hitting the wall first.



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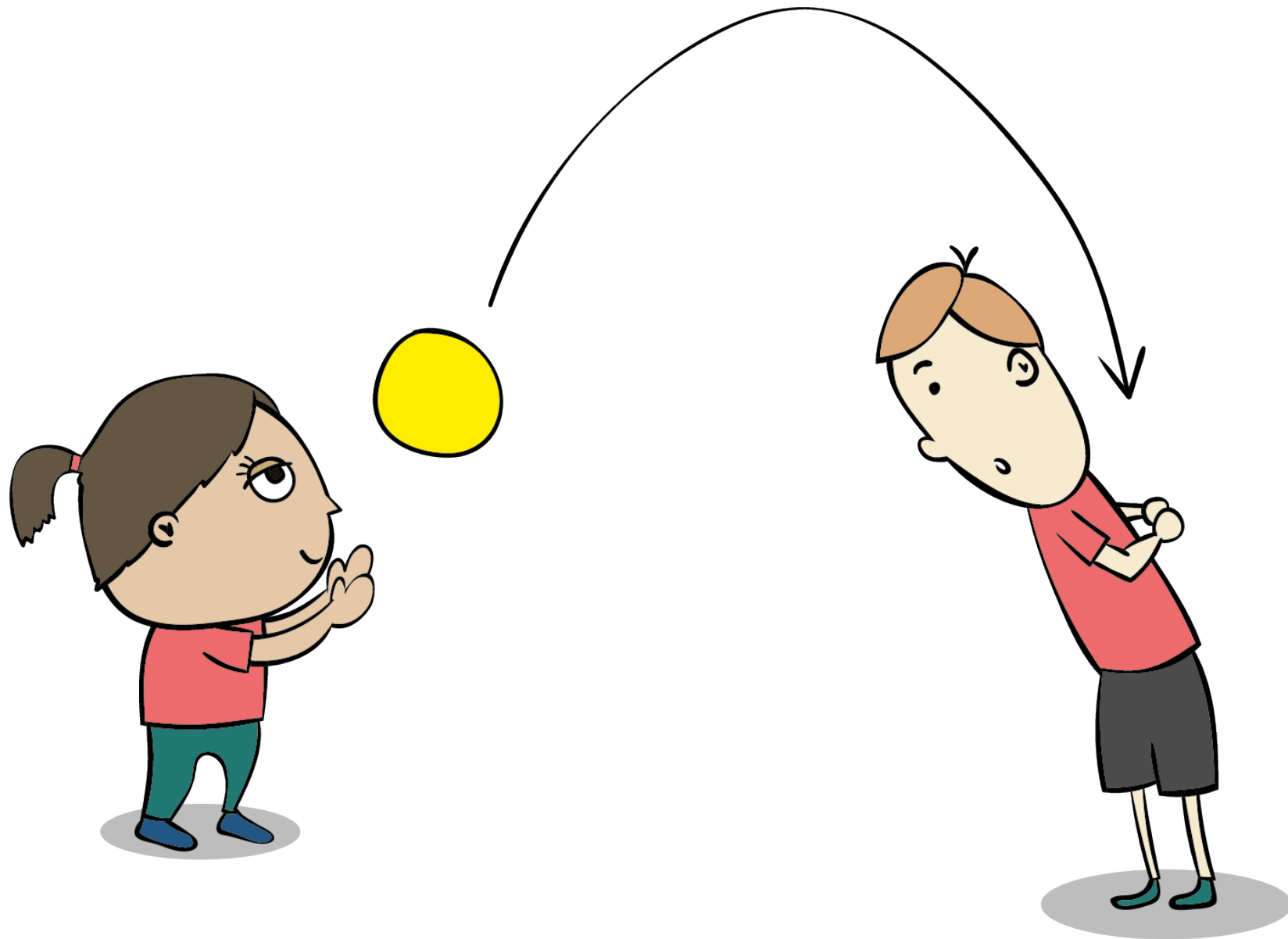


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Pass the ball 10 times through the box.



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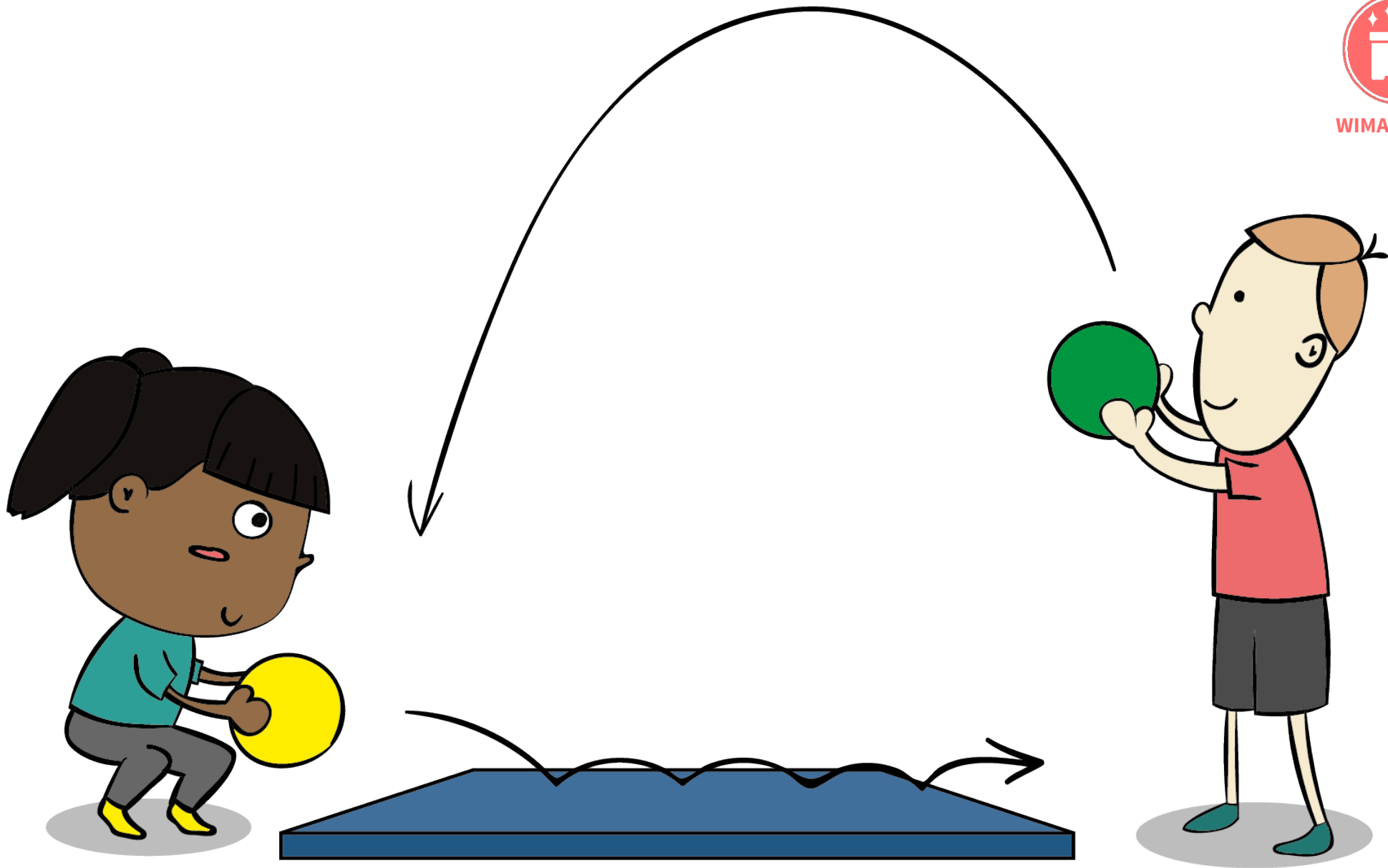


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Catch the ball 10 times alternately behind the back. (Throwing the ball behind the back is also possible!)



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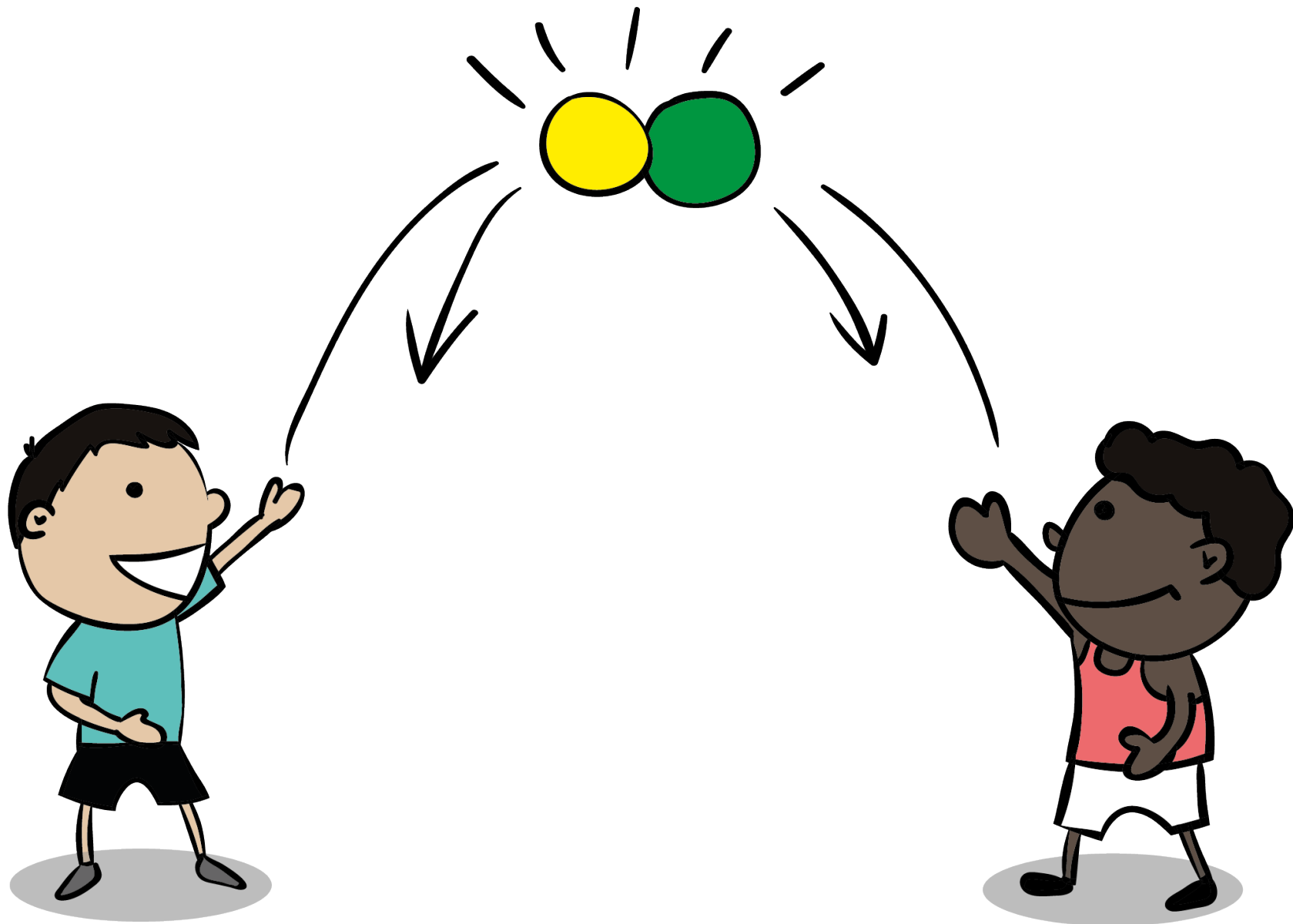


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One rolls the ball and the other throws it back. Afterwards,
change your task.



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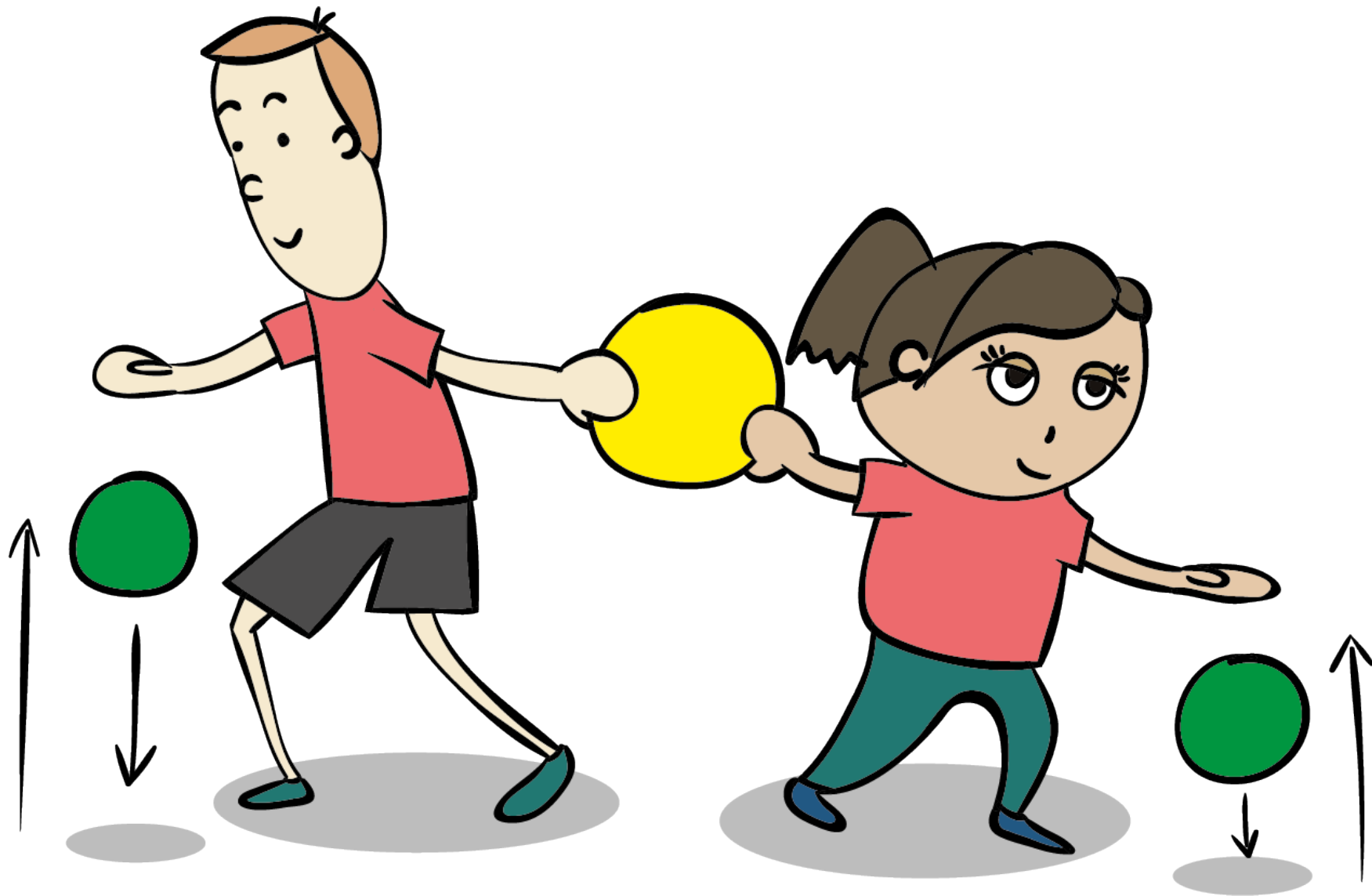


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Try to let the balls hit each other 10 times in the air and catch your own ball.



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Dribble a ball 20 times, while holding a ball between you.



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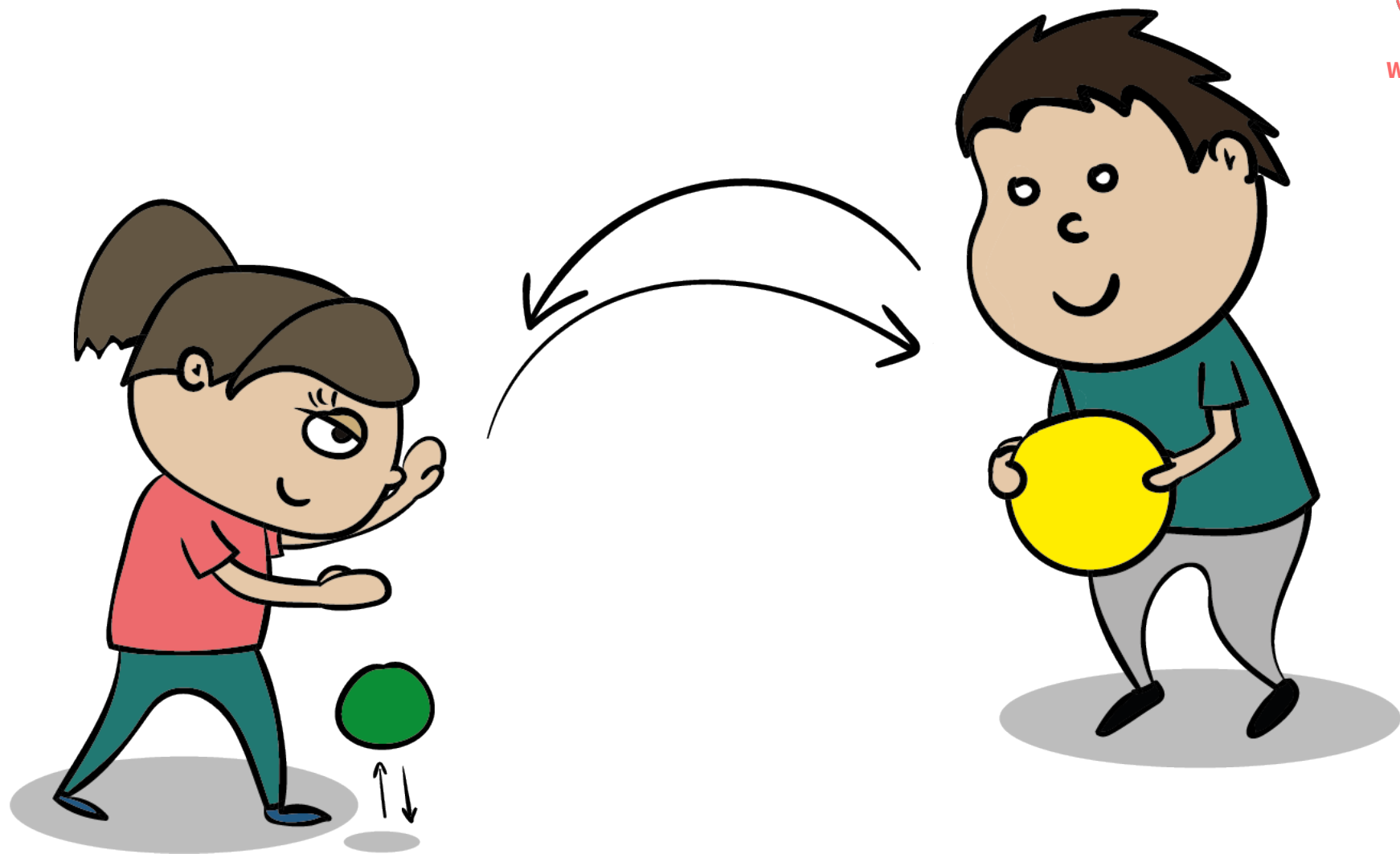


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Pass the ball 10 times while standing back to back.



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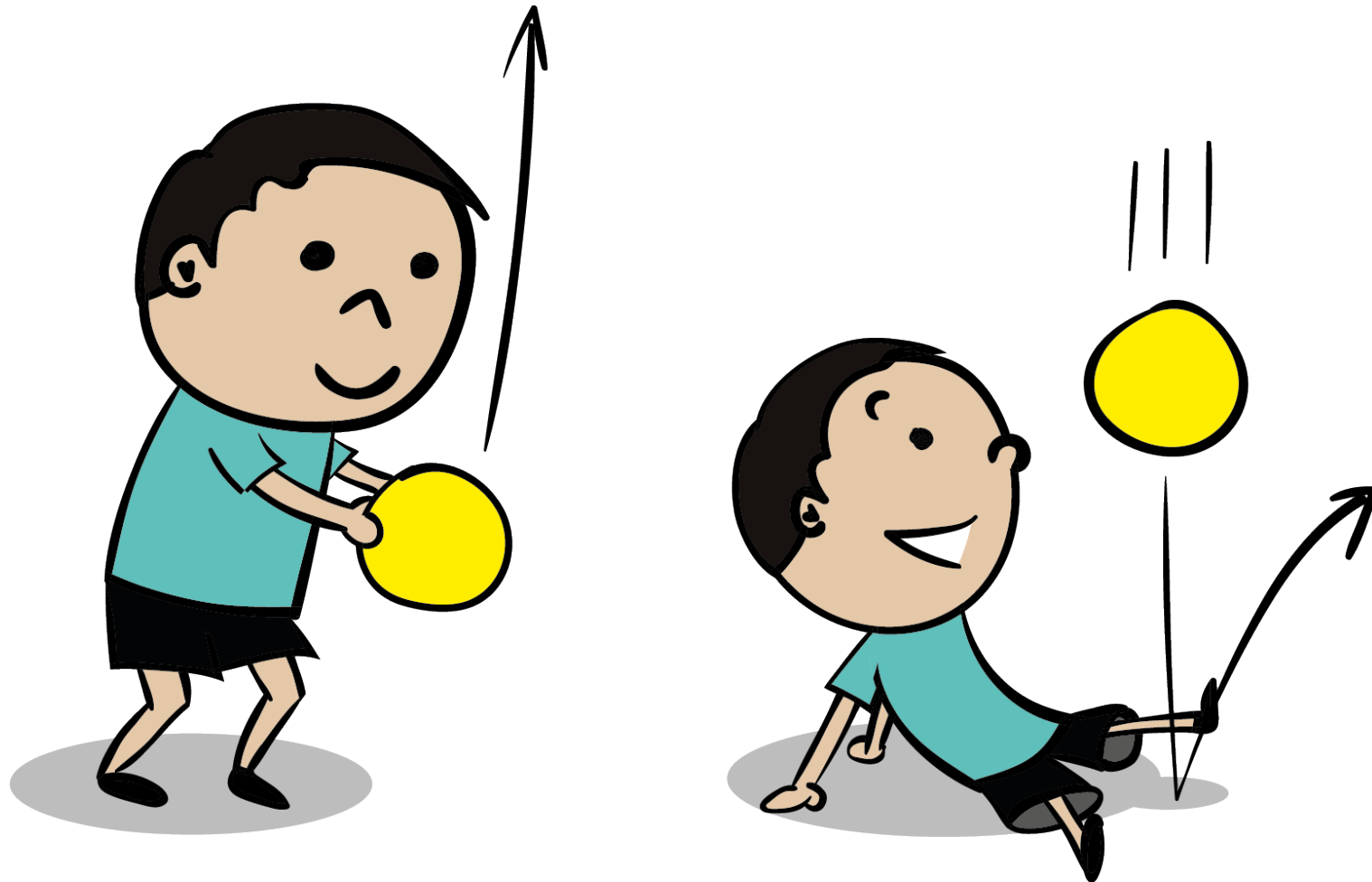
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One dribbles the ball while passing another ball 10 times. Change positions.

1. **Throw the ball in the air!**
2. **Sit down, let the ball jump!**
3. **Stand up and catch the ball!**



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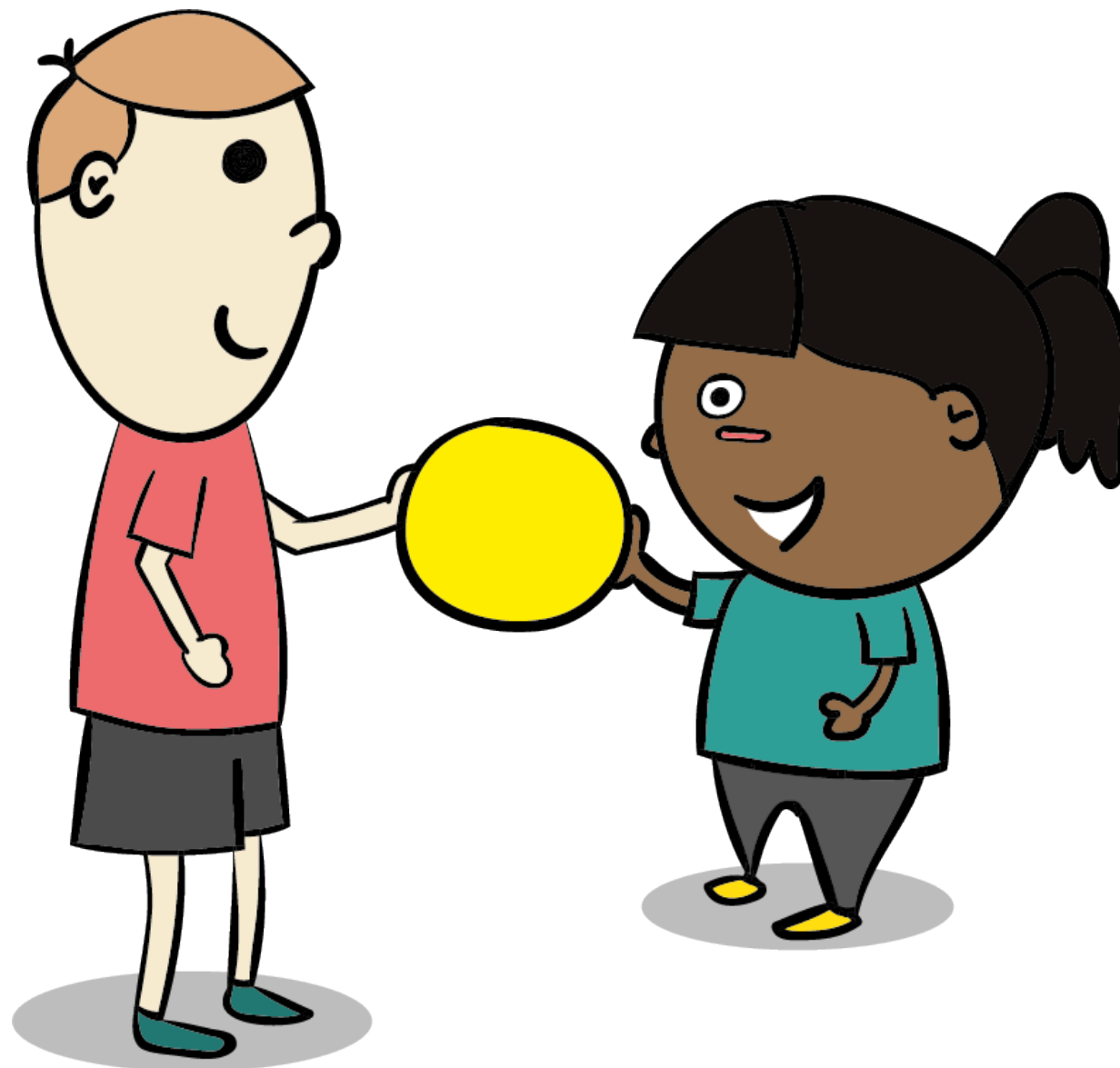


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Do this exercise 5 times at the same time without making mistakes



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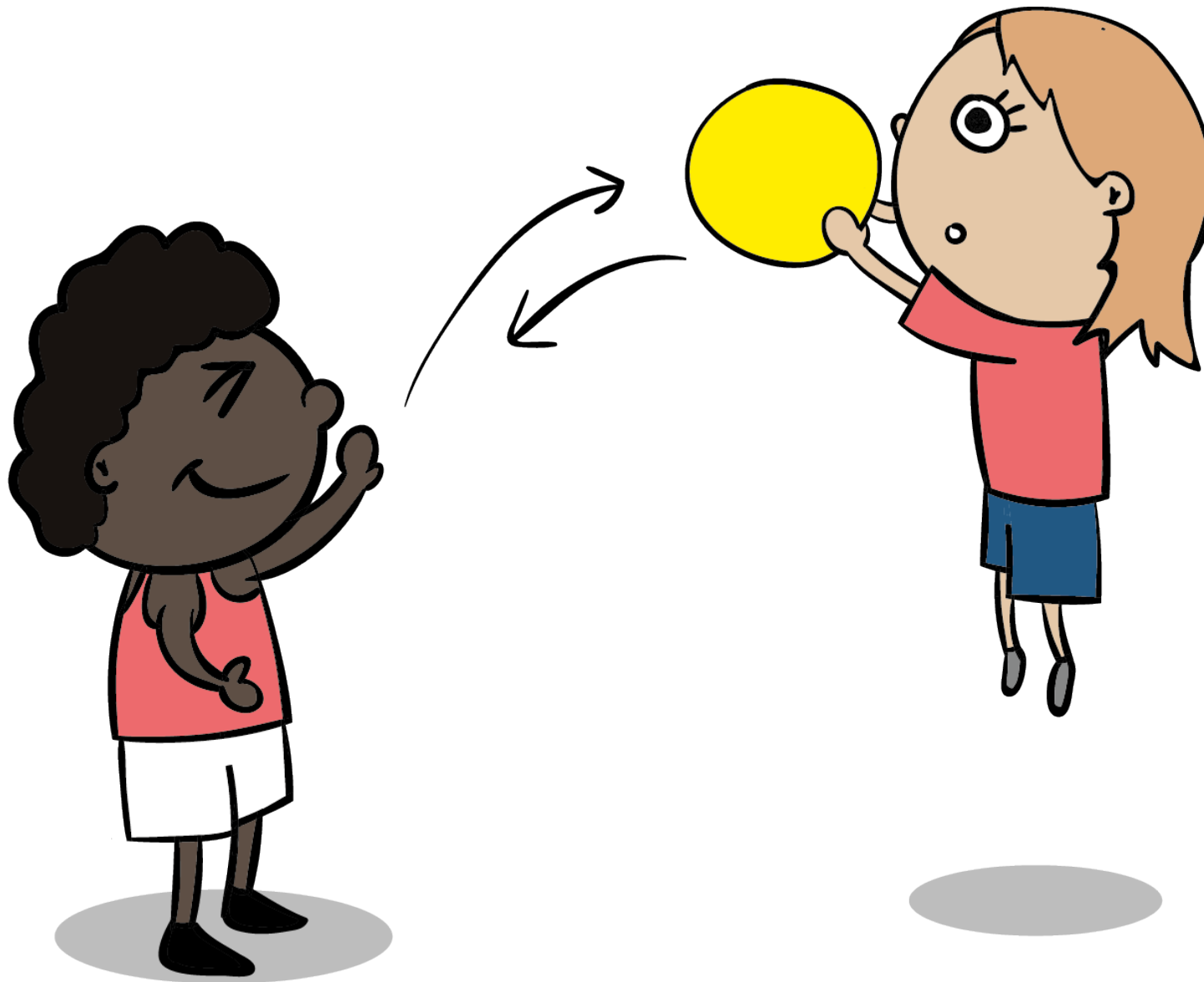


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In pairs, catch the ball 5 times. Each with one hand.



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Throw and catch the ball while jumping in the air (Kempa-Trick). Do this 5 times.



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