The six sided hemispherical ball forces the user to anticipate the balls movement by getting down in a low defensive position. The perfect tool for improving reaction time. Throw it to the right and it can bounce left, right, forwards, backwards. Can be used individually or as a group activity.

Available in two sizes: 70mm and 100mm

TRADITIONAL USE

Drop the agility ball and attempt to follow the bounce of the ball. Due to the unusual shape of the ball it will bounce in an unpredictable manner.

INDIVIDUAL ACTIVITIES

Drop ball from shoulder height and:

- Catch after one bounce.

- Catch after two bounces.

- Catch after three bounces etc.

Bounce off wall:

- Stand about one metres from a wall

- Underarm the agility ball against the wall and catch the rebound

- Move back one step after each successful throw and catch

PARTNER ACTIVITIES

Bounces Up

With one agility ball per pair, the first person tosses the ball up into the air and their partner must catch it after only one bounce.

That person tosses it up and their partner must let it bounce twice before they catch it.

Continue 3,4,5 bounces etc until one of the pair messes it up.

This can be a game between the two partners to see who wins or a game between their pair and all the other pairs in the class to see who can get the most number of bounces before a mistake is made.

Do not throw the ball down into the ground; it must be tossed up giving it a bit of air.

The same activity can be tried, but with the catching partner facing away from the ball and moving on the "go" signal.

GROUP ACTIVITIES

Stand in a circle and take turns bouncing the agility ball to someone opposite them. The aim when retrieving the ball is to only use side stepping movements.

Divide the students into groups of 3, with each group requiring one agility ball. Within each group, students nominate 1 thrower and 2 chasers. All 3 students stand behind a line on the court (ie: sideline). The thrower throws the agility ball 5 –10 metres into the court. The chasers can move once the ball has left the thrower's hand. The chaser's task is to retrieve the bouncing agility ball and return back past the start line without being tagged by the opposing chaser. The roles of thrower / chasers should be rotated within each group.

RATS, RABBITS & RASCALS

Played like "fruit salad". Class lines up half on one side, half on the other side facing each other.

Teacher assigns each student with a label of "rat" "rabbit" or "rascal".

Teacher stands in the middle and throws 6 agility balls up into the air and calls out one of the label names eg. rabbits.

Each student with that label must try to retrieve one agility ball... chasing and following its odd bounces.

Students who miss out go and stand at another designated area and become labelled as "rubbish". This creates a new group that can be called out by the teacher. When rubbish is called, those who collect a ball go back into the main game with their original label.

Alternative 1 - the number of agility balls that are thrown up can be fewer as the game proceeds to make it more difficult.

Alternative 2 - vary the number of balls according to the class size.

Alternative 3 - the labels given out can be anything eg. Fruits, animals, countries, house team name etc.

AGILITY BALL ROUNDERS

- Split students into 2 even groups. One team begins batting the other begins fielding.
- Place a bin or stumps at one end and a pitchers spot marker about 5 metres from the stumps.
- The fielding team spread out, while the batting team huddles 5 metres away, to the side of the stumps.
- The pitcher must pitch the agility ball on the full to the batter, who attempts to hit it.
- Once the batter hits the ball he/she runs around the rest of the team in order to score a run.
- The fielding team picks up the ball and bounce passes it back to the pitcher.
- Fielders cannot run with the ball.
- When the ball is returned to the pitcher they attempt to hit the stumps to get the batter out.
- Once all the batters are dismissed the teams swap.

AGILITY CHASE RACE

- Students form two lines next to each other, with the teacher in the middle.
- Teacher rolls the agility ball in front of the two chasers who race each other to pick up the ball
- Teacher rolls the agility ball in front of the two chasers, who race each other to pick up the ball first.
- The first student to pick it up is the winner. They must then sprint the ball back to the teacher (thrower.)