

ACTIVITY SHEETS

BUNGEE BALL

GENERAL INFORMATION

The NYDA Bungee Ball is a fantastic, educational motor-skills trainer for children of all ages. It will improve co-ordination, balance, reflexes and ball handling skills, as well as boost confidence.

THROW AND CATCH

Improves basic ball handling confidence as well as hand-eye co-ordination.

PLAY HANDBALL

The elasticised cord creates a varied and unpredictable return of the ball continually working hand-eye co-ordination, reflexes and timing.

PLAY BUNGEE BALL

The best way to get started is to kick the ball using the inside of your feet. Just chip the ball out and wait for it to come back to you. There is much more skill needed to control the ball rather than just kicking it hard. This really works left/right foot-eye co-ordination, reflexes and balance as the child's weight is continually shifted from one foot to the other.

Composition

The balls are made of heavy PVC and can withstand vigorous, sustained use.

Safety

Being attached to the waist makes it less likely that the ball will get away from the child into dangerous areas, like roads, or prohibited areas.

Training tool

The bungee ball is a fantastic tool for exercising muscle groups for sports such as soccer, football, basketball and netball.

PMP

Easy to incorporate into perceptual motor planning programs.

Adjustable

The playing length is adjustable for different heights and ages.

Maintenance

The elastic cords are replaceable and the balls are re-inflatable. Bungee balls are a fantastic self confidence builder for all children. Progress and proficiency are very fast.