

Mastering Ball Skills with Max the Monkey

Learning objective: To develop control, coordination, and tactical decision-making when handling and moving with a ball.

Read each question carefully. Max the Monkey needs your help to solve these sports puzzles! Think about how you use your hands, feet, and eyes to control the ball.

Word bank: Control · Accuracy · Dribbling · Pacing · Communication · Spatial awareness

1. Max is practising his dribbling. Explain why it is important to keep the ball close to your feet rather than kicking it far in front of you. How does this help you keep possession? (2 marks)

2. When throwing a ball to a teammate, you should aim for their chest or hands. Why is this more effective than throwing the ball towards their feet? (2 marks)

3. If you are playing a game and a defender is moving towards you, what 'spatial awareness' decision should you make to keep the ball safe? (2 marks)

4. Max wants to improve his accuracy when throwing a ball into a target. List two things he should focus on with his body position to ensure the ball goes where he wants it to. (2 marks)

5. Why is 'communication' vital during a team ball game? Give an example of a short, helpful instruction you might shout to a teammate. (2 marks)

Draw: Draw a diagram of Max the Monkey showing a 'ready position' for catching a ball. Label where his eyes should be looking and where his hands should be placed.



Extension challenge: Design a 5-minute training drill that uses only a ball and one other piece of equipment (like a hoop or a cone). Write down three rules for your drill that help players improve their ball control.