

Mastering Your Ball Skills with Max the Monkey

Keep your eyes on the prize and your hands ready to move!

- Always keep your eyes fixed on the ball to improve your reaction time and tracking.
- Use your fingertips, not your palms, to maintain soft and gentle control when dribbling or catching.
- Stay light on your toes! A low centre of gravity helps you change direction quickly during a game.
- When throwing, step forward with your opposite foot to generate power and improve your accuracy.
- Communication is key—call out to your teammates so they know you are ready to receive the ball.

Did you know? Did you know that top athletes spend hours practising their 'follow-through'? This is the motion you make after the ball has left your hand or foot. It helps ensure the ball travels in a straight line towards your target!

Key vocabulary: Control · Accuracy · Trajectory · Pivot · Coordination · Agility · Follow-through