

# Bean Bag Games: Individual Skills & Games (Part 2) **YST TOP SPORTSABILITY**

These games help young people to develop balance, movement, manipulation, targeting and toss & catch skills.

## What you need

- A suitable indoor or outdoor surface.
- A bean bag or alternative (see 'Equipment') for each player.

## Toss and catch

Players can:

- Start by passing the bean bag from hand to hand;
- Progress to tossing and catching the bean bag; low catches with both hands and then higher and one hand if possible;
- Toss clap and catch (how many claps?);
- Toss the bean bag in the air with one or two hands, turn around and catch it.

## Throw, move and catch

Players:

- Throw the bean bag in any direction and move to where it lands; then pick it up and throw in a different direction;
- Progress to throwing the bean bag in any direction, but move to try and catch it before it drops.



## Think about

- Ways in which you can improve your catching; for example, getting hands ready to catch as soon as the bean bag is tossed.

Use the STEP model to modify this game

## Space

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- Make sure that players have sufficient individual space, particularly when movement is introduced.
- Everyone can toss or throw in the same direction initially; then move in different directions.

## Task

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- In balance activities, some players can start without the bean bag. Encourage players to experiment with different ways of balancing, tossing and catching the bean bag:
  - balance on arm, leg, foot, hand or head;
  - use both hands to throw and catch;
  - throw with single hand and catch with both hands;
  - single hand throw and catch.
- Develop an obstacle course; how far can players get balancing the bean bag on a part of their body?

## Equipment

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- Players can also try using paper balls (held together with masking tape).
- Some players may have better success if they begin with larger soft cushions.
- Use a racket to catch the bean bag.

## People

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- Players who have mobility or coordination impairments can substitute other skills in toss and catch games. For example, they can clap or touch their lap before catching the bean bag.
- Players who require it can have a 'feeder' who tosses or drops the bean bag for them to catch.

## Safety

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- Play sensibly; do not throw the bean bag directly at other players.
- Make sure that players are aware of people and objects around them; their attention may be focused above them.

## How to improve

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- Once players can toss and catch well with a bean bag, they can try a slow moving ball or sponge ball.

## Quality

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- Whatever modifications are used, maintain the quality of the activity. Players should perform each skill and game as well as possible.