



CENTRE FOR AUTISM
MIDDLETOWN



STRUCTURED PLAY ACTIVITIES





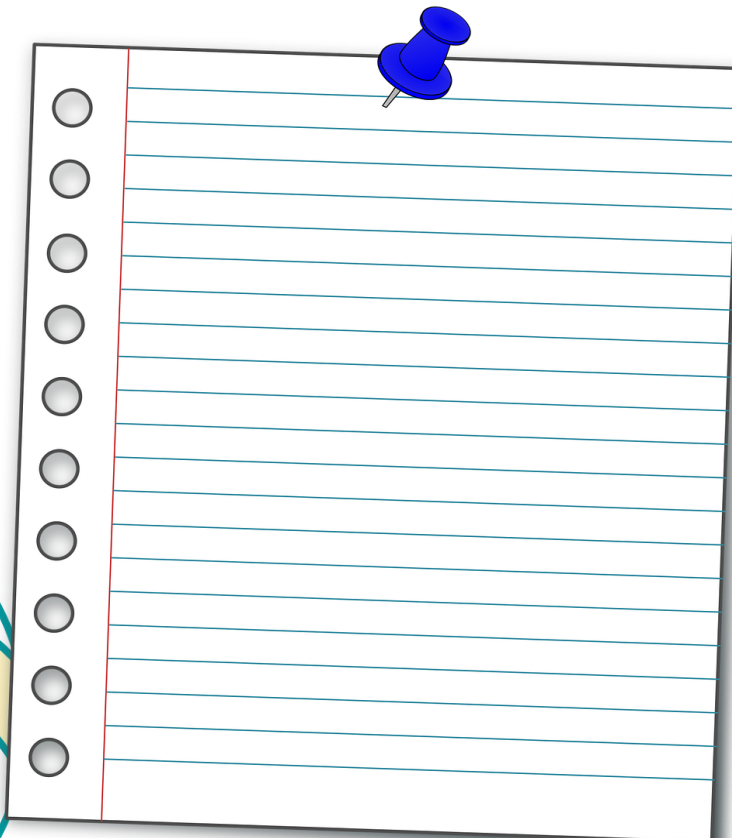
STRUCTURED PLAY

SOCCER



- Rainbow kicks – 10 tries – both feet
- Knee ups – 10 tries – both knees
- Aim – pick a point on the wall and attempt to hit that point with the ball – 10 times x 2 different points

Other practice ideas:



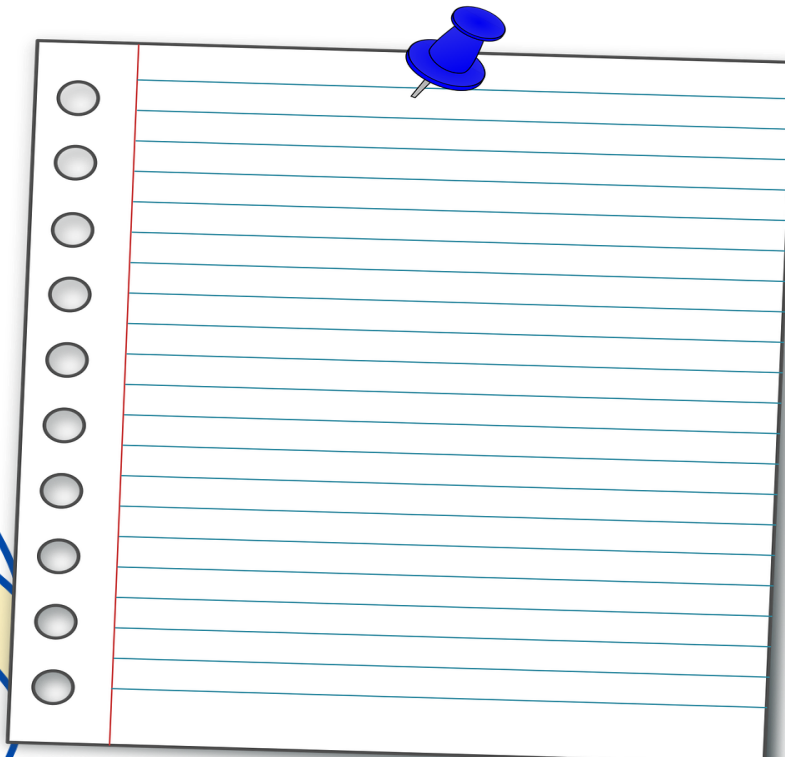
STRUCTURED PLAY

BASKETBALL



- Bounce the ball – swapping from left hand to right hand 20 times
- Shoot hoops from a short distance for 10 tries
- Shoot hoops from faraway for 10 tries
- Shoot hoops from an angle (10 tries x right and 10 tries x left)
- Bounce the ball (hard on the ground) and catch it – 10 times
- Bounce the ball (hard against the wall) and catch it – 10 times

Other practice ideas:



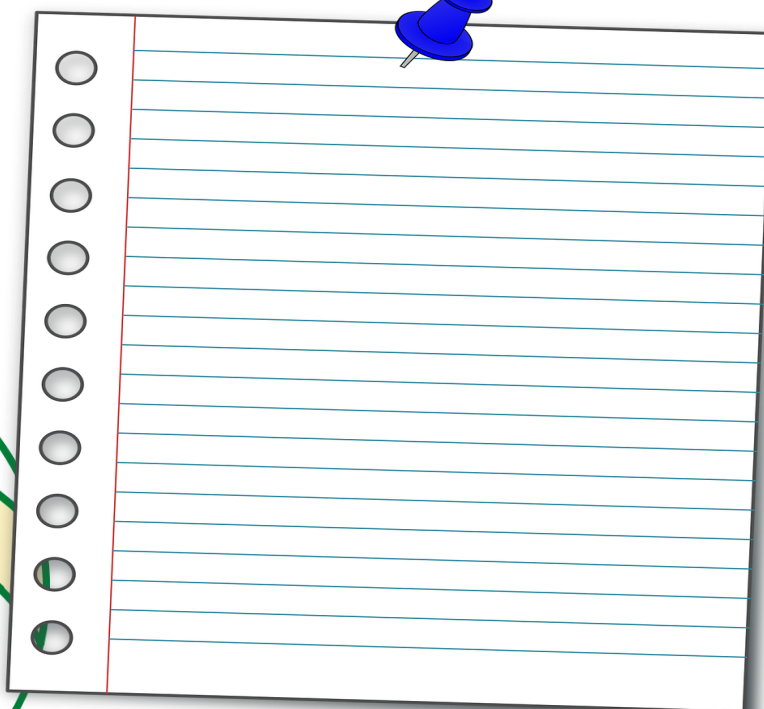
STRUCTURED PLAY

FOOTBALL



- Solo's – 10 x right foot and 10 x left foot
- Bounce and solo – 10 on each side (left and right)
- Aim – pick a point on the wall and try to hand pass to that point with the ball – 10 times x 2 different points with both right and left hand
- Aim – pick a point on the wall and try to kick the ball to that point with the ball – 10 times x 2 different points with both right and left foot

Other practice ideas:





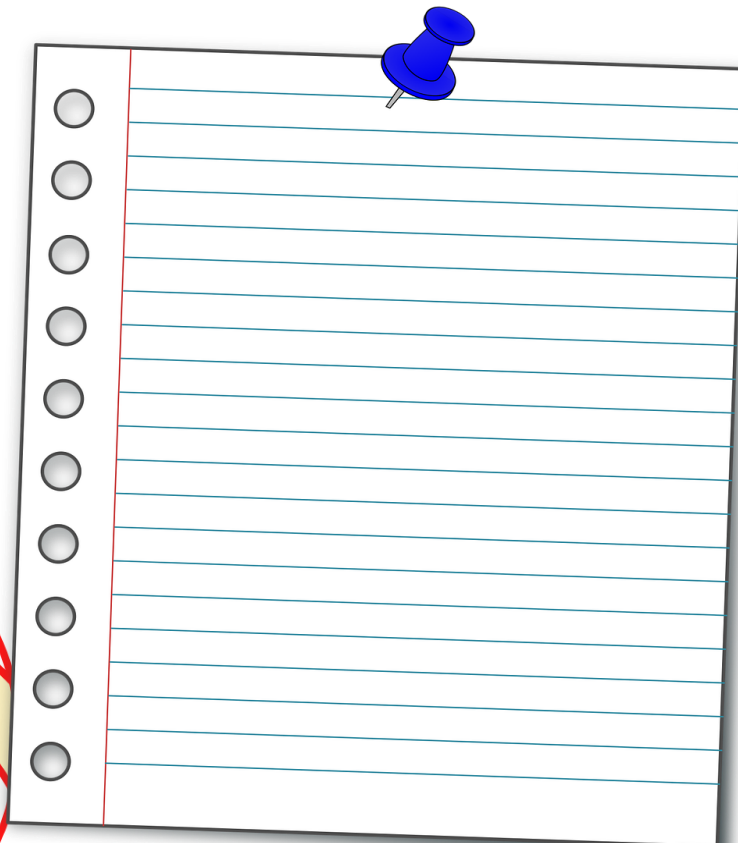
STRUCTURED PLAY

HURLING



- Bounce sliotar on the hurl – 10 tries for as long as you can each time
- Flick up the sliotar with the hurl – 10 tries x right hand/ 10 tries x left hand)
- Aim – pick a point on the wall and attempt to hit that point with the ball – 10 times x 2 different points

Other practice ideas:



STRUCTURED PLAY

STRENGTH & FITNESS



- Mountain climbers – 1 minute
- Jumping Jacks – 1 minute
- High knees – 1 minute
- Arm circles – 1 minute (change direction at halfway point)
- Wall pushes – 1 minute

Other practice ideas:

