

# Manipulative Skills

## Dribbling with Hands

**MANIPULATIVE SKILLS**

**How do I dribble with my hands?**

- With your finger pads, push the ball down towards the ground
- Do not slap the ball: firmly push it with a flexible wrist
- Use consistent force and rhythm
- Alternate hands- do not use two hands at the same time
- Keep your head up and look down the court if you travel
- Keep the ball waist high
- Stay on your toes and be light on your feet



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## Dribbling with Feet

**MANIPULATIVE SKILLS**

**How do I dribble with my feet?**

- Push the ball forward gently with the inside or the outside of the foot.
- Alternate feet with the ball as you move down the field
- Keep your head up and look down the field
- Use peripheral vision to look at the ball
- Stay on your toes and be light on your feet



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## Catching

**MANIPULATIVE SKILLS**

**How do I catch?**

- ✓ Face your body toward the thrower
- ✓ Look towards the ball then keep your eyes on the ball
- ✓ Reach your arms toward the ball as you track it
- ✓ Give with the ball as it hits your hands then bring it to your body
- ✓ Pinkies together if the ball is below your waist
- ✓ Thumbs together if the ball is above your waist



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## Throwing (Overhand)

**MANIPULATIVE SKILLS**

**How do I throw?**

- ✓ Point your non-throwing side/shoulder toward the target
- ✓ Step forward with the foot opposite your throwing arm
- ✓ Bring the ball back behind your head
- ✓ Point and extend your non-throwing arm towards the target



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Printable Display Signs





# INTRODUCTION

The following printable display signs were created as a visual aid showcasing nine manipulative skills which include: catching, tossing (underhand), throwing (overhand), dribbling with feet, kicking, punting, dribbling with hands, volleying, and striking. Each individual “Manipulative Skill” sign has been uniquely created with vibrant colors and attractive text. The signs provide instructions on how to perform each manipulative skill and also include colorful backgrounds and exciting graphics that grab the students’ attention. The signs can be displayed in key areas of your gym to be highlighted during P. E. skill instruction. They can easily be used to reinforce the movement concepts and skill cues you cover during your class. The signs will surely be noticed by your students, principals, parents and colleagues and will work as a valuable tool for you to come back to time and time again!

*Manipulative Skills: Printable Display Signs*



# SIGN PREPARATION

1. **Print out all of the Display Signs**
2. **Glue the Display Signs to construction paper or cardstock paper**
3. **Laminate the signs and they are good for a lifetime**
4. **Use tape or better yet use Velcro to fasten the Station Cards to the walls in designated places in your classroom, outside or any other “playing area”.**

## Striking

**How do I strike?**

- Lock your eyes on the object you are striking
- Point your non-striking shoulder towards your target
- Step with your opposite foot toward the target
- Watch all the way as the object meets your paddle/bat/racket
- Follow through by swinging your arm across your chest
- Keep your knees bent & grip solid
- Use a fluid swinging motion



MANIPULATIVE SKILLS

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## Kicking

**How do I Kick?**

- Put your non-kicking foot next to the ball
- Look at the mid section of the ball
- Contact the ball with your instep (laces)
- Make contact with the ball below the middle
- Follow through with your leg after you kick
- Kick hard for distance or when attempting to score



MANIPULATIVE SKILLS

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## Catching

**How do I Catch?**

- ✓ Face your body square to the thrower
- ✓ Look towards the thrower, then keep your eye on the ball
- ✓ Reach your arms toward the ball as you track it
- ✓ Give with the ball as it hits your hands then bring it to your body
- ✓ Pinkies together if the ball is below your waist
- ✓ Thumbs together if the ball is above your waist



MANIPULATIVE SKILLS

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# Manipulative Skills

**Definition - Movement skills that are performed using an object or objects.**

**Manipulative Skills include the following skills:**

- 1. Catching**
- 2. Tossing (Underhand)**
- 3. Throwing (Overhand)**
- 4. Dribbling With Feet**
- 5. Kicking**
- 6. Punting**
- 7. Dribbling with Hands**
- 8. Volleying**
- 9. Striking**



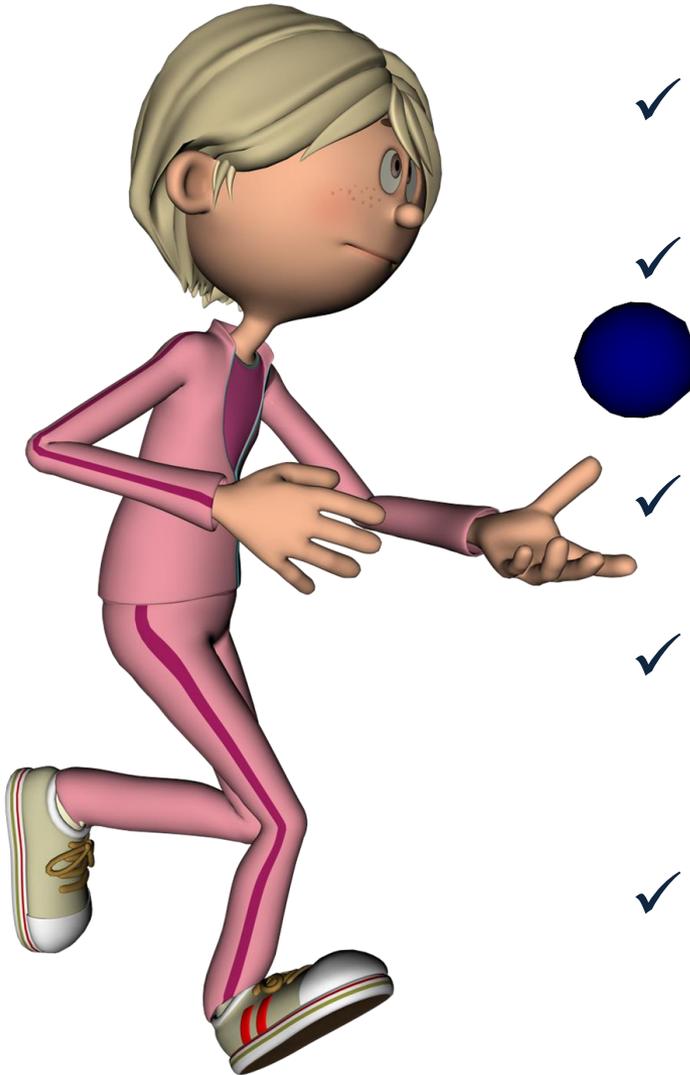
# Catching



## How do I Catch?

- ✓ Face your body square to the thrower
- ✓ Look towards the thrower, then keep your eye on the ball
- ✓ Reach your arms toward the ball as you track it
- ✓ Give with the ball as it hits your hands then bring it to your body
- ✓ Pinkies together if the ball is below your waist
- ✓ Thumbs together if the ball is above your waist

# Tossing (Underhand)



## How do I Toss?

- ✓ Face your body square to your target
- ✓ Step forward with the foot opposite your tossing arm
- ✓ Tossing arm uses a pendulum arm motion
- ✓ Point and extend your non-throwing arm towards the target
- ✓ Follow through to the ceiling with the hand you are throwing with

# Throwing (Overhand)

## How do I Throw?

- ✓ **Point your non-throwing side/shoulder toward the target**
- ✓ **Step forward with the foot opposite your throwing arm**
- ✓ **Bring the ball back behind your head**
- ✓ **Point and extend your non-throwing arm towards the target**



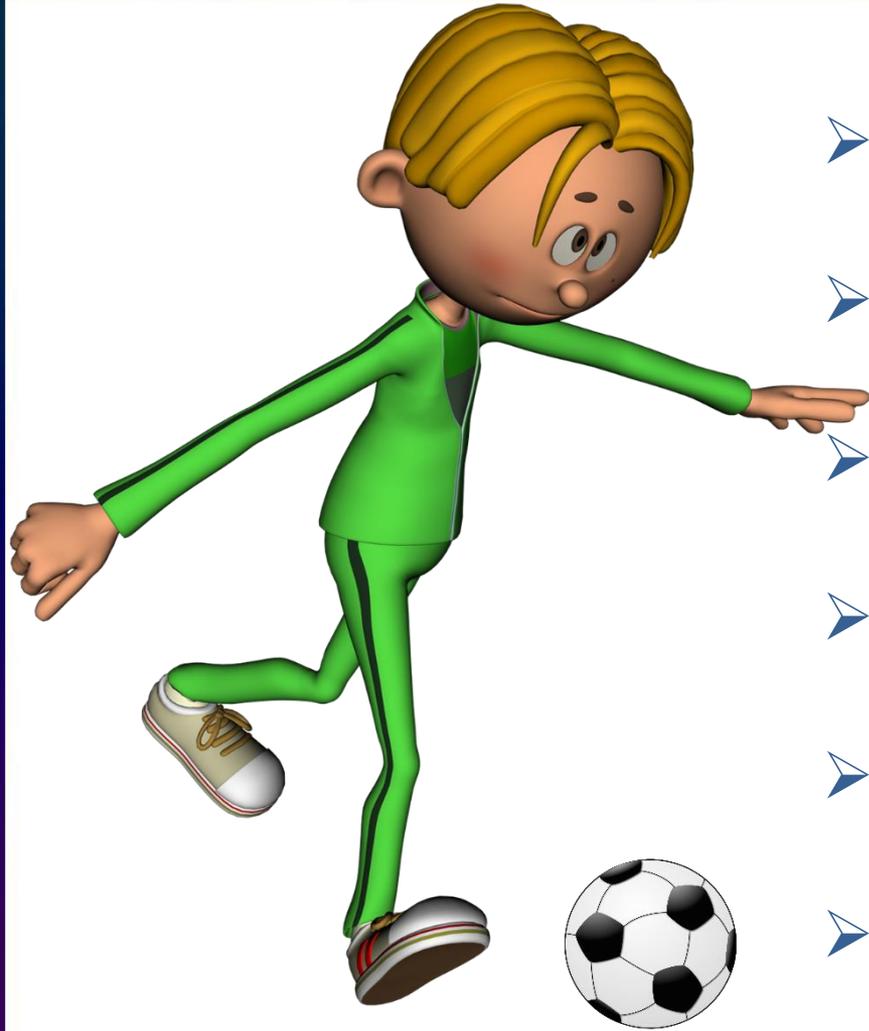
# Dribbling with Feet

## How do I Dribble with my feet?

- **Push the ball forward gently with the inside or the outside of the foot.**
- **Alternate feet with the ball as you move down the field**
- **Keep your head up and look down the field**
- **Use peripheral vision to look at the ball**
- **Stay on your toes and be light on your feet**



# Kicking



## How do I Kick?

- Put your non-kicking foot next to the ball
- Look at the mid section of the ball
- Contact the ball with your instep (laces)
- Make contact with the ball below the middle
- Follow through with your leg after you kick
- Kick hard for distance or when attempting to score

# Punting

## How do I punt?

- **Hold the ball at waist level with two hands**
- **Look directly at the middle part of the ball**
- **Step towards your target with your non-kicking foot**
- **Drop the ball on your foot**
- **Do not toss it up in the air**
- **Contact the ball with the top of your foot (laces)**
- **Follow through with your kicking leg towards the sky**



# Dribbling with Hands

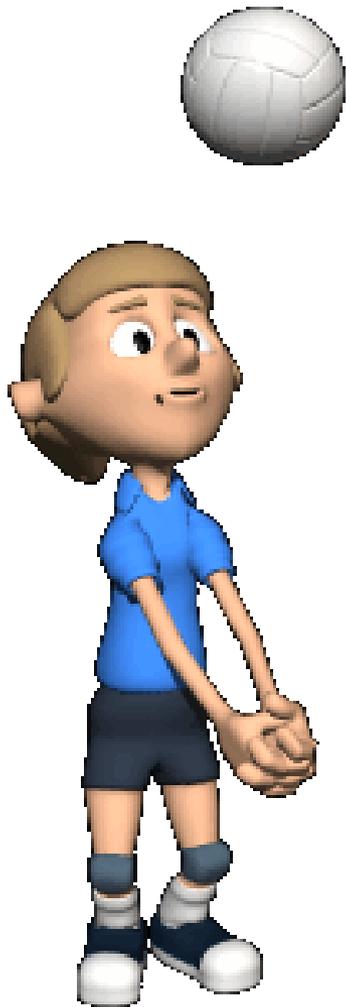
## MANIPULATIVE SKILLS

### How do I Dribble with my hands?

- **With your finger pads, push the ball down towards the ground**
- **Do not slap the ball; firmly push it with a flexible wrist**
- **Use consistent force and rhythm**
- **Alternate hands- do not use two hands at the same time**
- **Keep your head up and look down the court if you travel**
- **Keep the ball waist high**
- **Stay on your toes and be light on your feet**



# Volleying



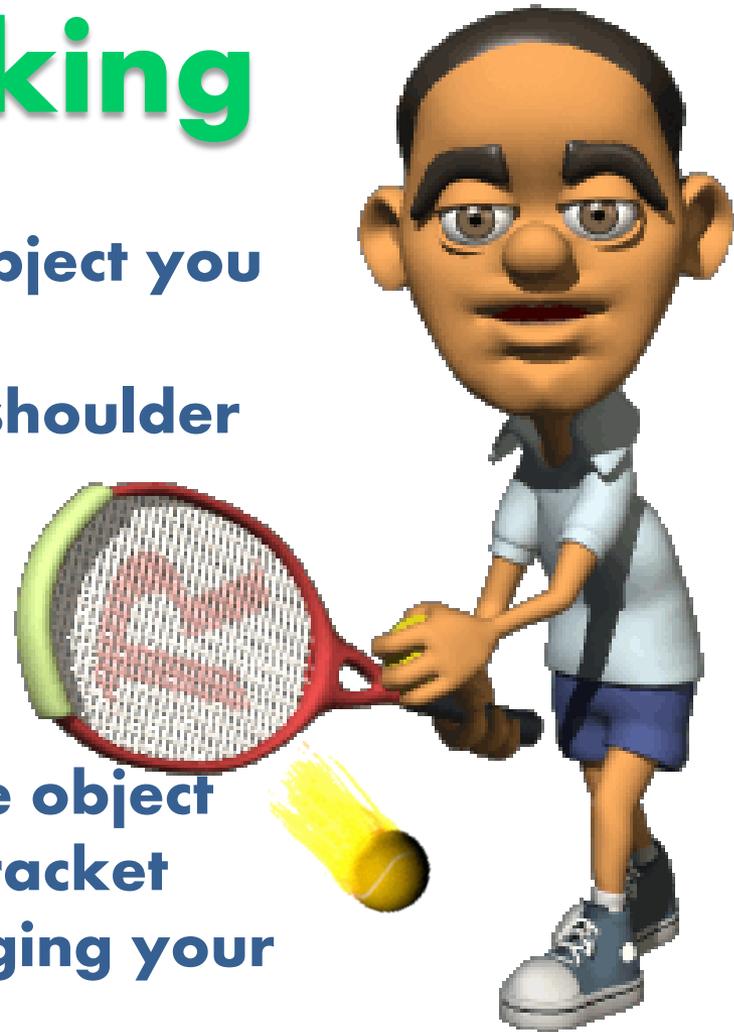
## How do I volley?

- **Volleying can be performed with your hands, head, knee or foot**
- **You can volley a balloon, volleyball, Nerf ball or soccer ball**
- **Keep your knees bent and a solid center of gravity (core)**
- **Your eyes should consistently follow and track the ball**
- **Move under & shift your body weight towards the ball to hit**
- **Follow through in the direction of your volley**

# Striking

## How do I strike?

- Lock your eyes on the object you are striking
- Point your non-striking shoulder towards your target
- Step with your opposite foot toward the target
- Watch all the way as the object meets your paddle/bat/racket
- Follow through by swinging your arm across your chest
- Keep your knees bent & grip solid
- Use a fluid swinging motion





# IMAGE CREDIT

The clip art used in this Manipulative Skills Printable Sign product was obtained from the following vendors:

## From Teachers Pay Teachers

1. awaywiththepixels-

<http://www.teacherspayteachers.com/Store/Awaywiththepixels>



## Other Sources

1. Animation Factory- <http://www.animationfactory.com/en/>





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