



presents

National All Rounder Championship

1 May 2021 - 31 July 2021

Self-Learning Manual: Activity 03

Physical skills:

Ball Spinning

Age: 15-17 years



Activity description

The child is required to spin any ball (ideally inflated like basketball, volleyball, football & if not available, then, any readily available tennis or plastic ball) on his/her index finger for 15 seconds. To understand how to do the same, watch the shared video in the web resources section below in this manual.

The ball should be touching the same, single finger throughout and not touching any other finger. Turning or rotating the ball using the other hand a few times can ensure the ball has spin to last for the required duration (check the video to understand in more detail). Ensure minimum gap of 3 seconds between any 2 successive turns on the ball using the other hand. The entire video should be recorded in one go i.e. no separate recording for each rotation is allowed. No video editing software use is allowed.

Watch the video tutorial properly to ensure the child understands the key precautions to take while performing this activity so that the child doesn't hurt or pain the finger.

Whenever the child is ready, record a video of the child spinning the ball. Submit the video.

Assessment guidelines

The total non-bonus points for this activity is 30. Every submission would be rated as either of below.

M = Master
(100%)

The child can spin the ball continuously for 15 seconds on index finger as per above instructions

The child can spin the ball continuously for 10 seconds on index finger as per above instructions

I = Intermediate
(80%)

B = Beginner
(50%)

The child can spin the ball continuously for 3 seconds on index finger as per above instructions

For participating in the event & making an event relevant submission which does not meet assessment guidelines for M, I or B.

A = Aspirant
(25%)

NA (Not applicable)

No submissions or any submission which is irrelevant for the activity.

50% bonus marks: If the child securing an M can spin the ball continuously for 20 seconds on index finger as per above instructions

Expert coach speaks

Ball spinning goes all the way back to the late 19th century, when it was the sort of thing you'd find in a magician's handbook or see performed on stage by a professional juggler. The trick hasn't lost any of its original lustre and still comes off as some impressive wizardry.

As with any trick, spinning a basketball on your finger takes lots of time and practice. Pro tip: Practice with a ball that is smooth, but not slippery, and then graduate to a basketball once you've got your technique down. The texture of a basketball can make it a bit more difficult for rookies to spin.



Key benefits of this activity

The activity benefits in many ways:

- Better hand eye coordination
- Better understanding of posture & balances
- Practical experience of physics
- Teaches patience
- Improves self-confidence

Common mistakes to avoid

- *Nail size*
- *Ball not being smooth; not using the right texture ball*
- *Grip of ball & rotation of ball not perfected*
- *Slapping technique wrong*
- *Being too impatient*

Useful web resources

- [Ball spinning video tutorial 1](#)
- [Ball spinning video tutorial 2](#)
- [Ball spinning video tutorial 3](#)
- [Ball spinning video tutorial 4](#)
- [Wikihow text tutorial](#)

Submissions start 11th May 2021. To submit your entry, visit our website (www.kid-ex.com). For any queries, email us at info@kid-ex.com.

Keep learning! Keep growing! Stay happy! Be successful!