



Patent Pending

**Enhances:**

- ✦ Balance.
- ✦ Landing Techniques.
- ✦ Jumping Ability.
- ✦ Body Control.
- ✦ Execution Skills.

Benchmark Heights  
Progress Measurable

Promotes the development of both physical and psychological techniques required for creating an enhanced awareness of individual capabilities.



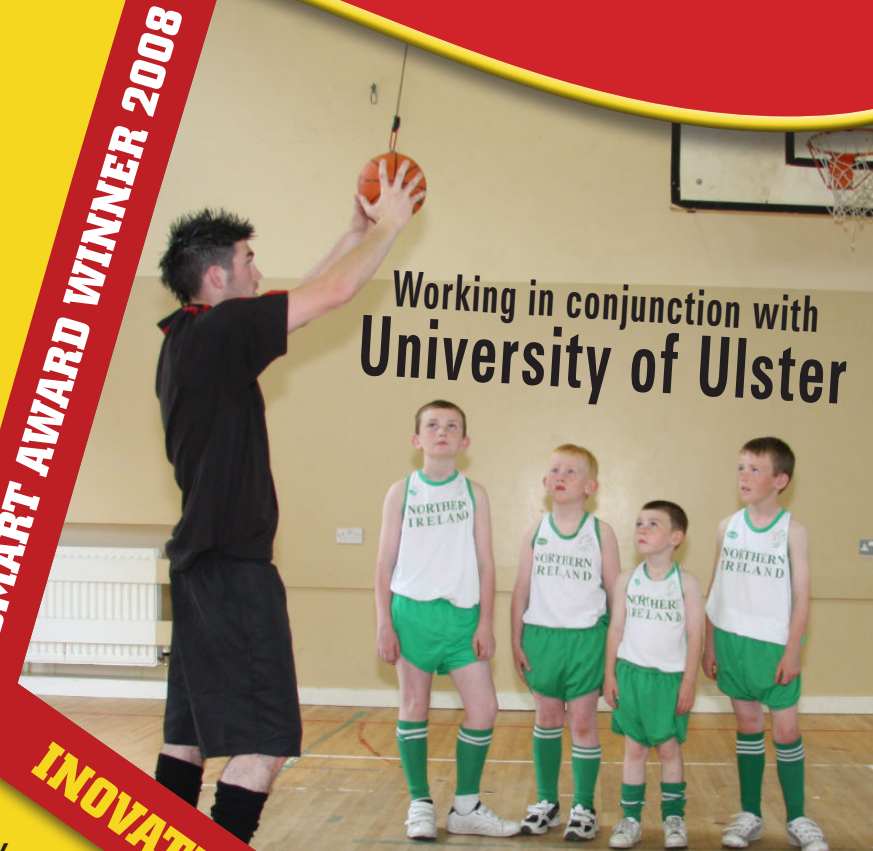
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Keep your eye on the ball



SMART AWARD WINNER 2008



Working in conjunction with  
**University of Ulster**

INNOVATIVE AND

UNIQUE

A revolutionary  
new ball skills training  
enhancer that develops:

- ✦ Hand to Eye Coordination
- ✦ Plyometric Skills
- ✦ Motor Skills
- ✦ Confidence
- ✦ Aerial Superiority

# Multi Ball Skills Training Enhancer

*Kure The ills, Perfect Your Skills!*

Ketchup Ball Skills will make a major contribution to the physical, mental and interactive abilities of children. It is instrumental in developing the motor, plyometric and key skills used in the vast majority of ball sports.

This is achieved by utilizing new and innovative methods that are appealing and enjoyable to use and will also enable be spoke application that will enhance development allowing the user to reach maturity at a much earlier stage.

It will cater for children of all ages and heights including SEN, promoting head, hand and feet skills and creating healthy competition and a profound enthusiasm. Its unique design will reduce the risk of finger and facial injuries encouraging confident participation,

It will eliminate ball waiting habits enhancing development while practicing the high catch or heading skills ensuring that the user must jump/ stretch/ reach, catch or head every single repetition enabling

## **Encourages:**

- ★ Earlier Development
- ★ Forward Movement
- ★ Enthusiasm
- ★ Confidence
- ★ Practice with Both Feet
- ★ Enjoyment
- ★ Healthy Competition
- ★ Lifelong Fitness



**5 in 1**  
5 skills executed every  
single repetition.

1. Jumping and catching the ball enhances hand to eye coordination,
2. Gripping/ pulling the retractable ball strengthens fingers/ hands/ wrists/ arms, essential ingredients required for gaining and retaining ball possession.
3. Jumping/stretching/reaching/ pulling the retractable ball strengthens upper body, vital for aerial domination.
4. Repetitive jumping builds spring, creating explosive reactions, (plyometrics) dramatically improving height jumped and height reached.
5. Repetitive landing enhances balance and body control, reducing injury risk.

correct skill application. This combination of movements known as plyometrics is now recognised as beneficial for young athletes around the world,

Many children have been deprived of learning the fundamental skills properly and this is exceptionally difficult to rectify at a later stage since bad habits already picked up are very difficult to eradicate.

Introducing Ketchup Ball Skills to the recreation ground will instill confidence in the child's own ability enabling them to translate onto the competitive playing arena.

