

The Principle of Play

“Play like children playing”

Throw and catch the ball.

“always with the same hand”

“changing hands”

“with a half turn”

“in pairs”

THE PRINCIPLE OF PLAY

“Play like children” “Joy exists”

Ball games are a challenge. They require the exercise to be transformed into a game, and participants should remain relaxed even at the risk of losing the ball.

The “*Bounce a Ball*” series is rich; the selected exercises are basic modules that can be developed and associated.

In offering a ball, whose only wish is to roll away from the player, Malkovsky was trying to reduce the impact of analysis, which presents a risk of segmenting the motor act; hence his injunction to “*play*”. To find an organic, apparently playful movement. The aim is to learn a specific control of movement, involving the different parts of the body in its totality, through movements in rhythm with the impact of the ball bouncing on the floor.

“The ball is a means, not the end.”

The ball is bounced off the floor with total commitment. What matters is the osmosis between the bouncing ball and our own interior surge, revealed by the fluidity of the spine.

“Be the bounce, be the surge.”

The movement is initiated in the back, not with the strength of the arm or of the hand holding the ball.

“The ball is a part of you.”

Before each throw, there is a period of accumulation linked to a slight shift in the pelvis, followed by the impact of the ball, which should correspond to a downbeat.

“The end of the gesture corresponds to the downbeat.”


The principle of the game is the basis of an expressive dance:

“Identify yourself with ...”

“You have to be the Queen Mother as well as the Chamber Maid.”



“Bounce the ball on the floor at a point two-thirds of the distance between you.”

2/4  m \cong 144

BALL GAMES

