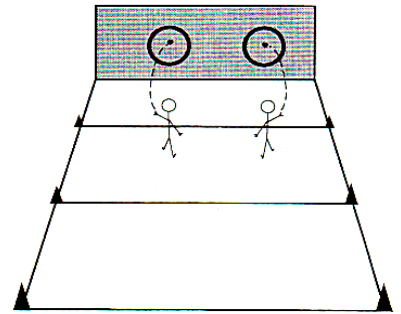


## Skill Development Exercises - Week 3 \_\_\_\_\_

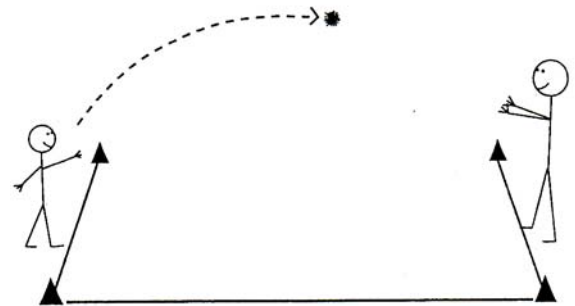
**Station #1 - Throwing****Throwing Overhand for Accuracy at a Smaller Target**

*Equipment Needed: Koosh Balls, Masking Tape and Hula Hoops (optional)*  
Put Hula Hoops or taped circles on a wall (3 feet from the ground) and mark a starting line 5 feet away. The child will throw a *Koosh Ball* overhand at the Hula Hoop or taped circle. After throwing 8 out of 10 balls inside the circle, encourage the children to move back 5 feet and repeat.

**Throwing to a Partner**

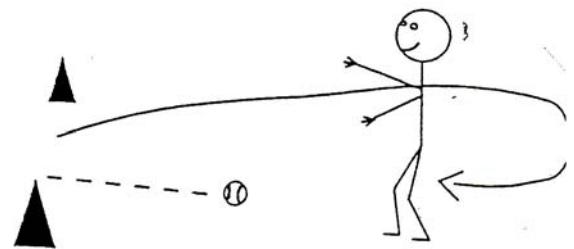
*Equipment Needed: Koosh Balls and Masking Tape*

Mark 2 lines, 10 feet apart and have the parent behind the first line and the child standing behind the second line. Encourage them to play throw and catch with a *Koosh Ball*. After the child completes 8 out of 10 throws and catches successfully, the parent moves back at 5 foot increments. Repeat at the next line back and as the child is successful, increase the height and speed of throws.

**Station #2 - Catching****Catching a Rolling Ball**

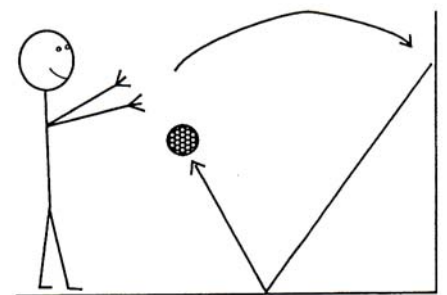
*Equipment Needed: Foam Balls*

Have each child roll the *Foam Ball* slowly away from him/herself, run ahead, get in front of the ball, and bend down and catch the ball with both hands. Encourage each child to complete 8 out of 10 catches successfully.

**Catching a Ball as it Rebounds from a Wall**

*Equipment Needed: Foam Balls and Gloves*

Have each child stand 10 feet from the wall and have them throw the *Foam Ball* at the wall so that it rebounds and then bounces on the ground between them and the wall. The child should catch the ball with a glove as it bounces from the floor. With success, repeat moving farther from the wall and throwing the ball harder.



*Week 3 Continues...*