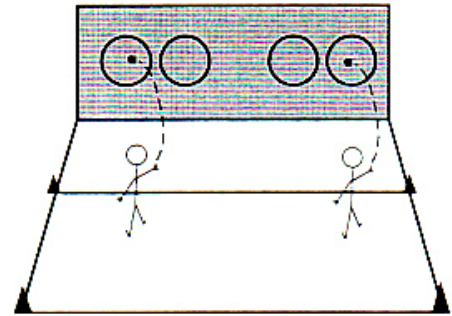


Skill Development Exercises - Week 4

Station #1 - Throwing

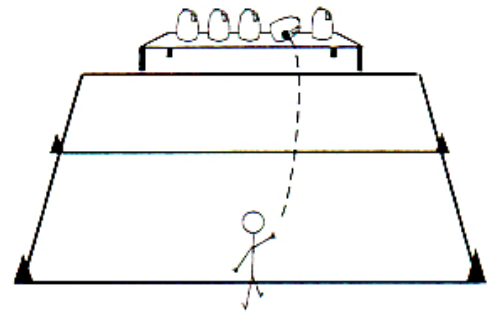
Throwing for Accuracy at Two Smaller Targets

Equipment Needed: Koosh Balls, Hula Hoops, Masking Tape
 Prop, tape or tie Hula Hoops in sets of two in a vertical position 3 feet above the ground, and space the hoops 2 feet apart from each other. Mark a starting line 5 feet from the hoops and have each child begin throwing 10 times at the hoops, alternating between the right hoops, and then the left, getting 4 out of 5 in each hoop. As the child improves, encourage him/her to move back at five-foot increments.



Throwing for Accuracy at Multiple Small Targets

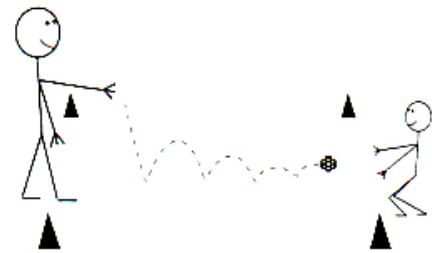
Equipment Needed: Koosh Balls, Small Table, Plastic Bottles
 Place five plastic milk jugs or soft drink containers 6 inches apart on a table or bench. Have the child throw *Koosh Balls* over and underhand from a line five feet away. The object is to hit all five jugs in as few throws as possible. When the child is able to achieve this task in six throws, challenge him to move farther back and try again.



Station #2 - Catching

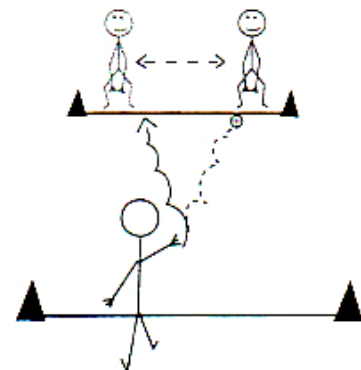
Catching a Ground Ball

Equipment Needed: Foam Balls and Gloves
 Have each child stand across from their parent. Encourage the parent to softly roll the foam ball to the child. As the child fields the ball, he throws it quickly back to the parent. Use gloves in this activity as the child gains confidence.



Moving to Catch a Ground Ball

Equipment Needed: Foam Balls and Gloves
 Have the child stand across from their parent. Encourage the parent to softly roll the foam ball to the child, but for this activity, the parent rolls the ball alternating to the right and left of the child, so that he/she must shuffle one or two steps to either side in order to field the ball. Use gloves in this activity as the child gains confidence.



Week 4 Continues...