



at Home!

## Sports Readiness Pre-Test and Exercise #1

**NOTE:** Start Smart Baseball at Home program sessions should last approximately one hour. For this sample format, we are using 6-7 p.m. as our model.

### 5:45 pm - Set-Up for Pre-Test

- In this session, you will test your child in four different areas: Throwing, Catching, Batting, Running/Agility.
- Have your equipment ready for each skill test (page 9-12).
- Refer to the Performance Cues on page A1 for each skill to help simplify teaching your child.

### 6:00-6:10 pm - Explain Sports Readiness Test to your child

- Please keep in mind that this test is ONLY an evaluation for you to gauge the progress of your child.
- Please turn to the testing section of your manual (page 9).
- Anticipate the testing to take 5-6 minutes for each skill. You should demonstrate each task with the proper equipment prior to your child's attempt.

### 6:10-6:35 pm - Conduct Readiness Test

- Perform the test for each skill that is explained in your manual. Each skill should take approximately 5 minutes.

### 6:35-7:00 pm - WEEK 1 Exercises

- After the testing is complete, demonstrate the Week 1 activities (page 15) while stressing the Performance Cues. Perform each skill development exercise again. Each skill will take approximately 5 minutes to complete.

### 7:00 pm - Wrap Up

- Briefly review what was learned in this session and we encourage you to practice these skills prior to your next session.

WEEK 1