



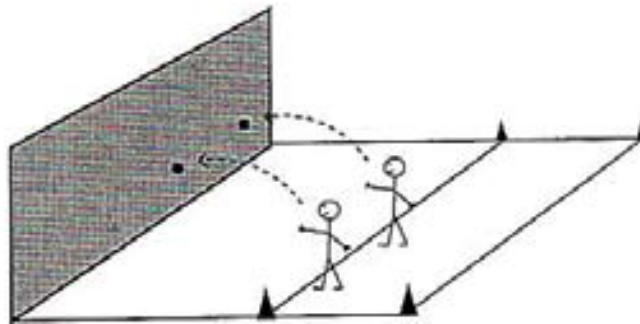
**Station #1 - Throwing**

*at Home!*

**Throwing at a Large Target**

**EQUIPMENT NEEDED: KOOSH BALL AND MASKING TAPE**

Mark a line 5 feet away from a large target such as a wall. Have your child stand on a marked line and throw a Koosh Ball overhand at the target area. Emphasize distance rather than accuracy. Also, remember to emphasize the Performance Cues. When your child is able to get 8 out of 10 balls to reach the target, increase the distance your child is standing from the wall in five foot increments.



**Station #2 - Catching**

**Catching a Ball Rolled by a Partner**

**EQUIPMENT NEEDED: FOAM BALL**

Your child stands across from you and you slowly roll a foam ball on the ground to your child. Remember to emphasize the Performance Cues. Your child bends down and catches the ball with both hands, then slowly rolls the ball back to you. Your child should successfully catch the ball 8 out of 10 times.

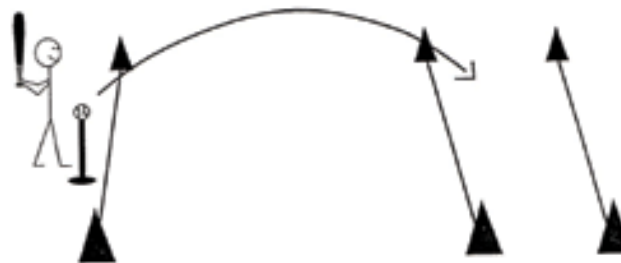


**Station #3 - Batting**

**Batting a Stationary Ball Off a Tee**

**EQUIPMENT NEEDED: BATTING TEE, BAT, FOAM BALL AND MASKING TAPE**

Set up the batting tee and mark a line ten feet away. Have your child use the bat to hit a ball off the tee so that the ball travels in the air and lands beyond the line. Increase the distance that the ball must travel when your child is able to hit the ball beyond the line 8 out of 10 times. Move the line closer if your child is not succeeding.



**Station #4 – Running/Agility**

**Run and Change Directions on a Signal**

**EQUIPMENT NEEDED: NONE**

Have your child begin running and on your call. Tell your child to cut to the right or to the left (zig-zag). As your child improves, have him/her turn his/her head and look at you after making each cut while running (as if he/she was going to catch a ball).

