

Games: Throwing and Catching



Working on your own or in pairs and taking turns, completing each challenge for at least 30 seconds, can you;

(small ball, large ball, socks, soft piece of equipment)

1. Catch with one hand
2. Catch with your weaker hand
3. Catch the ball from a further distance
4. Pass the ball as many times as you can in your pairs
5. Count how many successful passes you can make with your partner without dropping the ball.
6. Attempt to beat your score from challenge 5.

Can you think of another challenge?



Tips from Partner

- Keep eyes on the ball
- Keep your hands ready
- Do not throw too hard
- Take your time
- Make sure your partner is ready
- Make sure the distance works



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