

Throwing and Catching at Home



Below is a set of exercises to have a go at to improve your coordination in your own home. These exercises require minimal equipment (a ball, some soft toys and a pillow) and can be done in a small area against a wall.

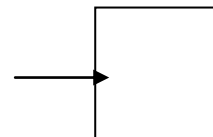
Please make sure you have your parents / guardians permission to start and show you where is safe to do so, making sure you are not near anything that can cause injury or is valuable. The responsibility to oversee these exercises is down to the parents / guardians.

Name of Player _____

Can you get to 10 catches with no mistakes on each one? If not keep practicing, if you do tick it off here

2 handed throw and catch	
Right hand only throw and catch	
Left hand only throw and catch	
Right leg only 2 handed throw and catch	
Left hand only 2 handed throw and catch	
Right leg only, right hand throw and catch	
Left leg only, left hand throw and catch	
2 handed throw, 360 spin and catch x 5 clockwise and 5 anti clockwise	
1 handed throw and catch passing an object (soft toy) from one hand to the other	
1 handed throw and catch passing the object (toy) around the back	
1 handed throw and catch passing the object (toy) under the leg	
Throw, kneel and 2 handed catch alternating legs	
Tidy up, throw and catch against the wall picking up objects to put in a box or area in between each catch	

I have done them all! Big Tick Here



Good Luck! And when you've completed them all let me know at kpturney@msn.com . Also I would love to see some videos of you having a go, these can be filmed on parents / guardians phones and sent to my phone on 07970 562611.

See you soon, and keep practicing

Kevin