



Skill Development Exercises – Week 2

Station #1 – Throwing

Throwing for Distance and Accuracy at a Large Target

Equipment Needed: Footballs and Masking Tape

Designate a large target area (8 feet by 8 feet) with tape on a wall or other surface, and mark off throwing lines 5 feet away, and then at five foot increments. Have the child use a football and throw overhand at the target. When successful 8 out of 10 times, have the children move back 5 feet and repeat.

Throwing for Accuracy at a Smaller Target

Equipment Needed: Footballs and Masking Tape, Hula Hoops (Optional)

Put Hula Hoops or taped circles on a wall (3 feet from the ground) and mark a starting line 5 feet away. The child will throw a football overhand at the target. After throwing 8 out of 10 balls inside the circle, encourage the children to move back five feet and repeat.

Station #2- Catching

Catching a Football Below the Waist

Equipment Needed: Footballs and Cones

Make two lines, 15 feet apart. Have each child stand across from his/her parent. Encourage the parent to softly throw the football to the child so that the child can catch the football below the waist using both hands. After the child can catch the ball using only his/her hands 8 out of 10 times, repeat this activity while increasing the distance and speed of the football in gradual increments as the child achieves success.

Catching a Football to the Side of the Body

Equipment Needed: Footballs and Cones

Make 2 lines, 15 feet apart. Have each child stand across from his/her parent. Encourage the parent to softly throw the football in a slight arc to the child so that the child can catch the football sideways to the right. The child should use their hands and pull the ball into his/her body. After the child can catch the ball with both hands 8 out of 10 times, repeat this activity to the left.