



Skill Development Exercises - Week 3 _____

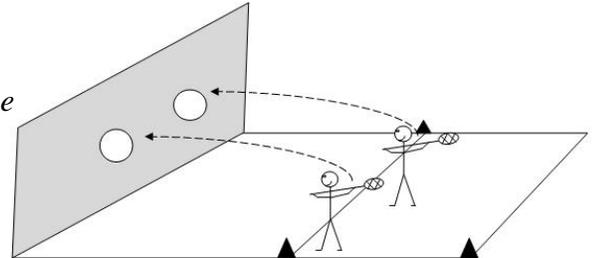
Important: We always encourage you to review previous skills. If a child is struggling with this week's exercises, feel free to go back to a previous week and work on those exercises to develop skills and build confidence before moving on to this week's lesson.

Station #1 – Passing/Shooting

Shooting for Accuracy at a Smaller Target

Equipment Needed: Stick, Balls, Hula Hoops or Masking Tape

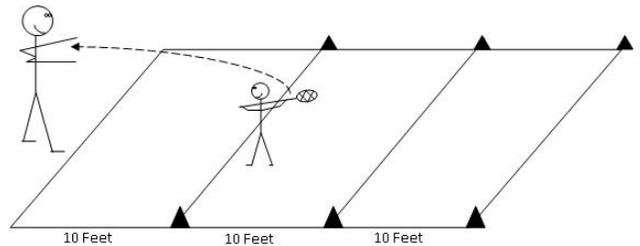
Put Hula Hoops or taped circles on a wall (3 feet from the ground) and mark a starting line 5 feet away. Using the stick, the child will shoot the ball at the Hula Hoop or taped circle. After throwing 8 out of 10 balls inside the circle, encourage the children to move back 5 feet and repeat.



Passing to a Partner

Equipment Needed: Stick, Balls, Masking Tape, Baseball Glove for Parent (optional)

Mark 2 lines, 10 feet apart, and have the parent behind the first line and the child standing behind the second line. Encourage them to play throw and catch with the lacrosse ball (child using the stick). After the child completes 8 out of 10 throws and catches successfully, the parent moves back at 5 foot increments. Repeat at the next line back and as the child is successful, increase the height and speed of the throws.

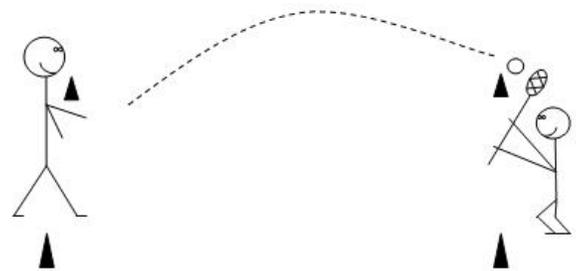


Station #2 - Catching

Catching thrown ball by a partner in the air

Equipment Needed: Stick and Balls

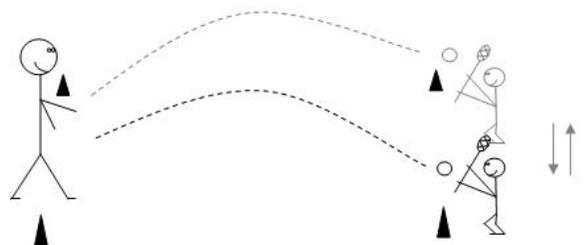
Mark 2 lines, 10 feet apart and have the parent stand behind the first line and the child stand behind the second line. Encourage the parent to throw the ball to the child in the air, with the child catching it. Have the parent increase the distance once the child can catch 8 out of 10 from the first distance. The parent may vary the trajectory of the throw to increase/decrease difficulty.



Catching the Ball While Moving

Equipment Needed: Stick and Balls

The child moves to the right a step or two to catch the ball that was thrown to the right by the parent who is standing 10-15 feet away. Then complete the same task to the left. Complete 8 out of 10 successfully, and as the child achieves success, increase the distance and arc of the flight of the ball and mix up the throws to the right and left sides of the child.



Week 3 Continues...