

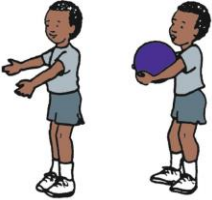





Activity Plan for Throwing & Catching


Week 1			
Activity	How many or how long	How many days	Instructions
Practice Baseball Throws	5 mins/day	3 days/wk	<p>Practice throwing a softball (or a bouncy ball the same size) overhand to a partner or at a target. Start with a grip that feels comfortable for you. Hold the ball with a proper baseball grip – your index and middle fingers should be on top of the ball forming a “V” and your thumb, ring and pinky are wrapped along the sides.</p> <div style="display: flex; justify-content: center; align-items: center;">   </div>
Catch 	5 mins/day	3 days/wk	<p>Practice catching a baseball, softball or small foam ball. It’s harder to catch a small ball than a big ball like a football. If you have a bouncy ball you can toss the ball at a wall using an underhand throw and catch it as it bounces back to you. If you have a softball that does not bounce you can throw it up in the air to yourself to catch. If you have a family member or friend with you, throw the ball to one another to catch. Start standing about 10 feet apart or a distance that you feel comfortable at. Feel free to move closer or further once you have tried throwing and catching the ball. Remember to reach for the ball and then cushion it with your hands and arms as you catch it. You can use a baseball glove to help you catch if you have one.</p>

Activity Plan for Throwing & Catching

Week 2			
Activity	How many or how long	How many days	Instructions
Baseball Throws	10 mins/day	3 days/wk	Practice throwing a softball (or a bouncy ball the same size) overhand again like you did last week. Throw the ball overhand, like a baseball pitcher, but this time try to throw the ball as hard as you can. See how far you can throw it before the ball touches the ground. Remember where the ball first hits the ground and then count how many steps you take to walk that far. Can you throw the ball so that it lands at least 10 steps away? Can you do 20 steps? Remember to hold the ball with a proper baseball grip – see picture in Week 1 instructions.
Baseball Catch 	10 mins/day	3 days/wk	Practice catching a baseball, softball or small foam ball. It's harder to catch a small ball than a big ball like a football. See how far apart you and your partner can get without dropping the ball. Start standing close enough that your partner can pass the ball to you without throwing it. After each time the ball goes from one partner to the other without falling on the floor, have the partner who is not holding the ball take one giant step backwards. The partner that takes one step backwards then tries to catch the ball as it is thrown by the other person. If the ball is caught, the other partner takes a step backwards. Continue taking backwards steps until someone misses the ball and it falls on the floor. See how far apart you can get. Remember to reach for the ball and then cushion it with your hands and arms as you catch it. You can use a baseball glove to help you catch if you have one.

Activity Plan for Throwing & Catching

Week 3			
Activity	How many or how long	How many days	Instructions
Baseball Throws 	10 mins/day	3 days/wk	Practice throwing a softball (or a bouncy ball the same size) overhand to a partner or at a target. Hold the ball with a proper baseball grip – your index and middle fingers should be on top of the ball forming a “V” and your thumb, ring and pinky are wrapped along the sides. Practice throwing different directions and distances by choosing different targets or having your partner move around. Adjust the size of your target to test your accuracy!
Throw & catch 	10 mins/day	3 days/wk	Throw and catch a baseball (or a softer, larger ball) with a partner. Remember to protect the ball every time you catch it. See how many times you can throw and catch it with a partner without dropping it. Once you are able to throw and catch it 5 times in a row, move 3 steps back (further away from your partner). See how far away you can move from your partner, while still being able to catch it! Try to play catch for a total of 15 minutes.

Week 4			
Activity	How many or how long	How many days	Instructions
Throw & catch 	10 mins/day	3 days/wk	Throw and catch a baseball with a partner. Remember to cushion and protect the ball every time you catch it. Try to make each throw a little “off target”, so that the person catching it has to take 2 or 3 strides in order to reach the ball. Alternate throws so that the person steps right, left, forward and backward. Try to play catch for a total of 30 minutes at a time.
Run and Catch	10 mins/day	3 days/wk	Using a tennis ball or baseball, play catch with a friend or family member. Try to throw further and/or higher than you normally would. Also, ask your friend to throw the ball a few steps away from you (either to the side, behind or in front) so you have to run to get there and catch it.