





Activity Plan for Beginner Football Throw & Catch


Week 1			
Activity	How many or how long	How many days	Instructions
Football Throws 	10min/day	3day/week	Practice throwing a football to a partner or at a target. Make sure the football is the right size for your hand. Hold the football near one end. The three longest fingers on your hand should be on top of the laces on the football with the thumb underneath on the other side of the ball. The football is thrown overhand.

Week 2			
Activity	How many or how long	How many days	Instructions
Football catch 	20 mins	Total for the week	Practice catching a football (or a large ball that is sponge-like/soft is best) that is thrown by a partner. Make sure to be in ready position (feet slightly apart, knees bent, and hands open towards your partner at chest level to give a target). It is really important to pull your arms and the ball into your body as soon as you catch it so that you do not drop the ball and a defender cannot knock it away. For every catch, pull the ball towards your chest.

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Week 3			
Activity	How many or how long	How many days	Instructions
Throw & catch 	15 mins/day	Most days	Throw and catch the football with a partner. Remember to 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 steps in order to reach the ball. Alternate throws so that the person steps right, left, forward and backward. If the weather is getting cold and snowy, you can also throw and catch snowballs.
Football throws 	10 mins	Sunday, Wednesday, Saturday	Toss around a football outside (a soft one if available) with a friend. Grip the football by interlacing your fingers between the football's laces and seams. Protect the ball by holding it with two hands just under your chin as you step back to throw. Bring your throwing arm back with your elbow bent. Bring your arm forward quickly and let go of the ball when arm is slightly above your head and out to the side. Follow through so the palm of your hand ends up facing the ground.

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Week 4			
Activity	How many or how long	How many days	Instructions
Football passing 	15 mins	Sunday, Wednesday, Saturday	<p>Toss around a football outside (a soft one if available) with a friend. Using the basic technique you learned last week, try to run and pass the ball to a friend. Try running in a square pattern and at every corner throw the ball to your friend.</p> <p>Here are some hints to learn to throw the ball more accurately or farther:</p> <ul style="list-style-type: none"> • Extend your free arm in front of you for balance; point the free arm and hand at your target. • Keep your shoulders level for a short pass (10 yards or less); dip the shoulder of your throwing arm for longer distances. • Add speed and spiral to the ball by flicking your wrist and fingers just as you release it.