

CATCHING DEVELOPMENTAL ACTIVITIES

Week #4/Lesson #1

7 Catching a Ground Ball

Using the foam ball, the child stands an appropriate distance from the child's parent. The child catches the ball, rolled directly to him/her by the parent, 8 out of 10 times. As the child fields the ball he/she throws it quickly back to the parent.

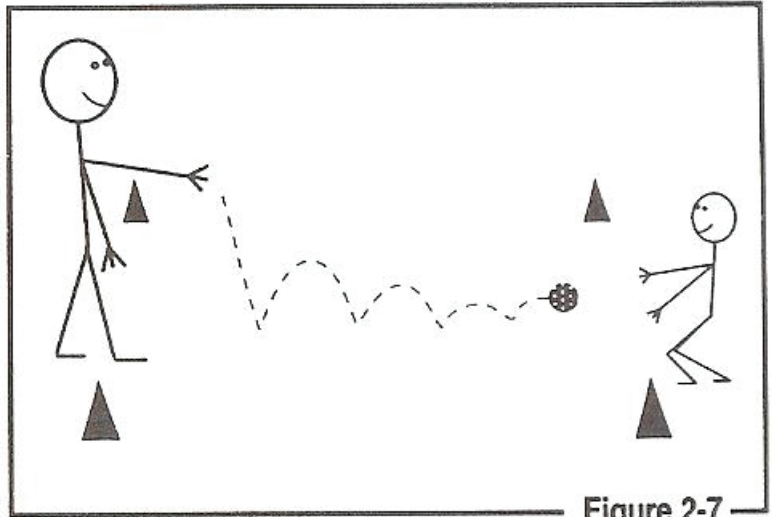


Figure 2-7

Recommended starting distances:
15 feet (ages 3 - 4) * 30 feet (ages 4 - 5)

Week #4/Lesson #2

8 Moving to Catch a Ground Ball

Same task as #7, but the parent rolls the ball alternating to the right and left of the child so that he/she must shuffle one or two steps to either side to field the ball. The child should complete 7 out of 10 successfully on each side.

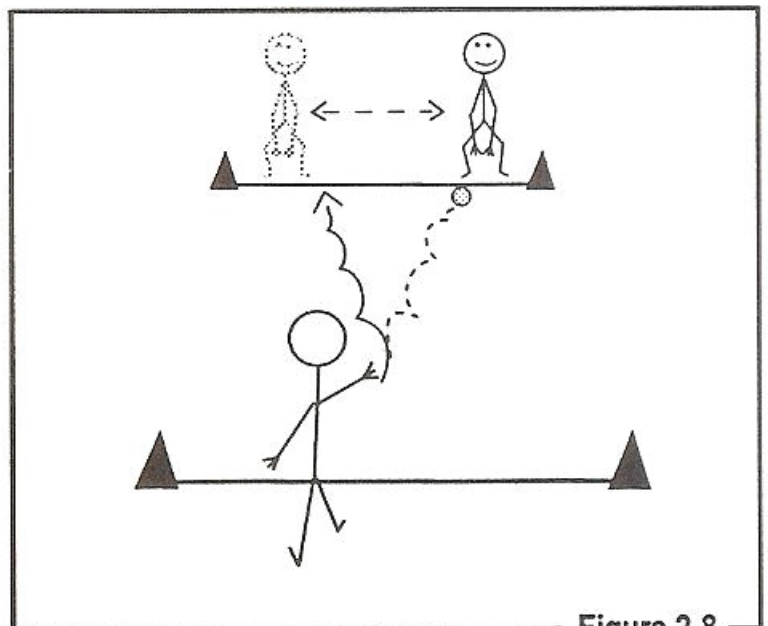


Figure 2-8

Recommended starting distances:
15 feet (ages 3 - 4) * 30 feet (ages 4 - 5)