



Home work Skill Development 5-6

- 1) **Drop and Catch**- practice dropping and catching a small ball seven times after the bounce, with both hands. Practice dropping the ball to either side of you and in front of you. Bounce it close and then far away from you. How many times can you get to seven.
- 2) **Train Crash**- Practice rolling two balls along the ground between you and a partner, each of you rolling a ball at the same time. How many times can you keep the balls going without losing them? Can you roll them to the side of your partner? Can you make the ball go faster and slower? Do you get behind and to the side of the ball just like you do when you hit the ball?
- 3) **Catches in a Row**- Practice catching the ball with both hands after someone else has thrown it with a big space between the two of you. Each time you must catch it at waist height after just one bounce. Try to get seven catches without a mistake. Try to move closer together as you have less time to get to the ball.
- 4) **Catch to the Side**- Throw and catch a ball after one bounce that a partner has thrown to you. You must throw and catch it with one hand and to the side of you. Make sure you try to catch on both sides of your body and with different hands so you will change your catching hand. Can you catch 10 times in a row? Can you move and catch a ball that is two or three steps away from you?
- 5) **Target Throws**-Put a large target, like a hoop, on the ground about 15 feet away from you. Throw the ball underhand to hit the target at least 10 times. See how many times you can get 10. Move farther away and still hit the target. How far can you throw and still hit the target?