

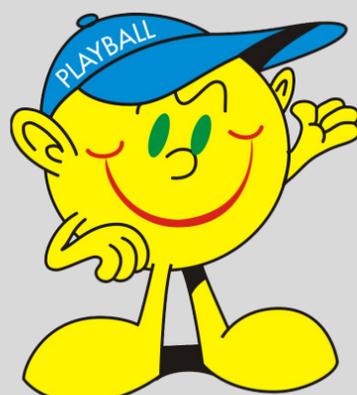


# playball®

## CATCHING

### Benefits

- Eye/Hand coordination practice
- Upper body strength
- Core strength/stability
- Improved reaction time
- Improved proprioceptive abilities
- Increased confidence



### Equipment at home

- Various sized balls
- Beanbags
- Cups
- Baskets/buckets
- Trash cans (or similar)
- Socks (substitute for balls)
- Small stuffed animal (sub for ball)
- Frisbee

### Practice

- Catch balls of various sizes
- Catch different types of objects (playground balls, tennis balls, frisbees, footballs, socks, other non-traditional catching items).
- Catch balls thrown from different angles
- Catch balls thrown from different distances
- Catch balls tossed high in the air
- Practice catching in a bucket or a cup



Add activities like the ones here to enhance the practice your child's practice.



### Up Your Game

- Connect the dots games
- Mazes
- Draw diagonals, play games with diagonal relationships like tic-tac-toe
- Practice bead stringing
- Practice coloring inside the lines

### Age Specific Tips

- **18mos-2+ years old:** Have your child sit and learn to catch by rolling a ball to them. Progress to standing and trapping, then rolling>chasing>trapping.
- **3-4yo:** Teach children to use "scooper" hands to catch large balls that are thrown to them. Progress to smaller balls and greater distances.
- **4-6yo:** Teach children to focus their eyes on the target that they want to catch. Progress to running toward the moving target to catch it (frisbee, nerf football)
- **6+ yo:** Practice sport specific catching. Baseball (all types of catching), Football, frisbee, soccer (goalie catching), Basketball rebounds and pass receiving.

