

Striking Skills

Why are they important?

Striking skills develop the hand-eye coordination needed for sports such as tennis, golf, softball, volleyball and floorball.

When families practice sports skills together, it unites them through play.

Let's
Practice
& Play

Getting started: Play "Beginning Floorball"

How to play

1. Get a dowel or stick and a beach ball or small foam ball.
2. Instruct your child to hold the stick in both hands with thumbs pointing down.
3. Put the ball on the ground in front of your child.
4. Have your child stand sideways facing the ball and then strike it with the stick.

Tip: Substitute a smaller ball, such as a tennis ball, as your child's skills progress.



Note to Families: Keep this someplace visible as a reminder to be physically active and play together whenever you have a few minutes.



Special Olympics
Young Athletes

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More Activities to Try

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Handball: Place a ball on a cone, box or plastic soda bottle filled with sand. Have your child hit the ball with an open hand.



Floorball Goals: Set up two objects, such as plastic soda bottles filled with sand, to be a goal. Have your child stand a distance from the goal. Place a lightweight ball on the ground and ask your child to shoot a goal with a stick.



Large balls are less difficult to strike than small ones, and stationary objects are easier targets than moving ones.

Beginning Tennis or Softball:

Put a ball on a plastic soda bottle filled with sand. Have your child hold a paddle or stick, stand sideways facing the ball, and then strike the ball.



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