

Trapping and Catching Skills

Why are they important?

Trapping and catching skills improve hand-eye coordination, strength and balance.

Learning to set goals and work toward them are skills children learn through Young Athletes activities.

Let's
Practice
& Play

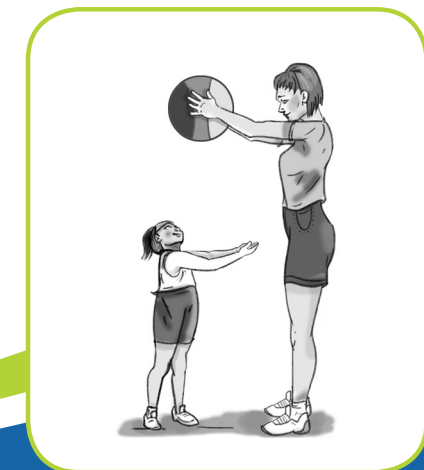
Getting started: Play "Big Ball Catch"

How to play

1. Get a beach ball. Have your child stand facing you. Hold the ball with your arms outstretched as you face your child.
2. Slowly move the ball down until it reaches your child's waist. Then move it back up.
3. Repeat Step 2 several times, moving the ball faster each time.
4. Drop the ball before it reaches your child's hands, and have your child catch it before it touches the ground.

Tip: A balloon is a great substitute for a beach ball. A beach ball and a balloon both move more slowly through the air, which makes it easier to catch them.

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



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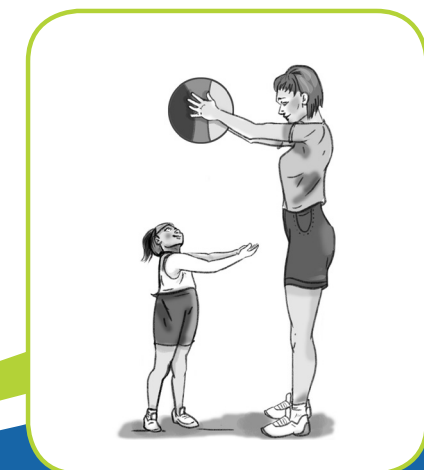
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More Activities to Try

Rolling and Trapping: Sit on the floor facing your child. Stretch your legs wide so they form a diamond with your child's legs. Roll a ball toward your child. Have him or her stop it and then roll the ball back to you.

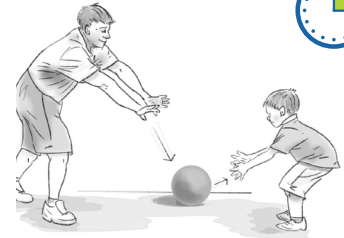


Low Ball Catch: Stand about three steps away from your child. Toss a ball to your child at the waist level. Encourage your child to catch the ball with fingers pointing down. Step further away as your child's skills progress.



Use smaller balls for trapping and catching activities as your child gains confidence.

Bounce Catch: Stand facing your child. Bounce a ball so your child can catch it without moving his or her feet. Ask your child to bounce the ball back to you.



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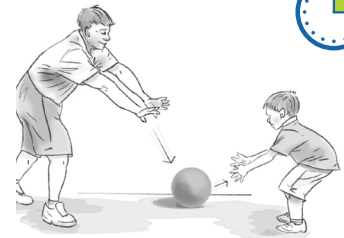


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