

Young Athletes Equipment

Young Athletes activities use equipment to help children focus on each skill. Equipment can be substituted for materials that can be found around the house.

Equipment

Balance Beam



Small Foam Ball



Beanbags



Sport Cones



Large Plastic Blocks



Plastic Dowels



Paddle



Suggested Substitutions

Tape
Rope

Tennis ball
Any small ball

Small, soft toys or figures
Bags filled with rice, sand or beans
Natural items, like flowers or leaves

Boxes
Plastic soda bottles filled with sand

Foam or wood blocks
Bricks

Stick
Paper towel roll

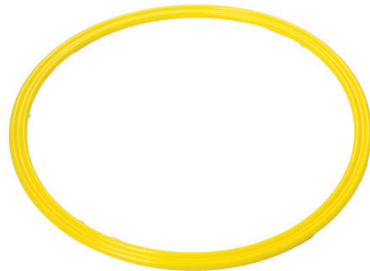
Short stick

Equipment

Floor Markers



Hoops



Scarf



Slow Motion Ball



Suggested Substitutions

Stickers or tape
Carpet squares
Chalk-drawn shapes

Hula hoops
Bicycle tubes
Old tires

Dish towel
Small piece of cloth

Beach ball
Any lightweight ball
Balloon

Additional equipment may be used to run Young Athletes:

- Junior sized sports equipment: basketball, plastic golf club, floorball stick, tennis racket, football (soccer ball), plastic bat and baseball tee.
- Playground ball
- Rope
- Stacking cups
- Agility ladder
- Tunnels
- Parachutes
- Floor markers, beanbags, and balls with food images
- Play food items