

Throwing Skills

Young Athletes brings together children of different abilities.

Let's
Practice
& Play

Why are they important?

Throwing skills improve strength, flexibility, balance and coordination.

Getting started: Play "Two-Handed Underhand Toss"

How to play

1. Get a light ball, such as a beach ball. Stand facing your child.
2. Instruct your child to stand with bent knees and hold the ball with two hands.
3. Ask your child to look at your hands and then toss the ball underhand to you.
4. Hand or toss the ball back to your child to continue the game.

Tip: For a variation, have your child toss the ball over a low barrier such as a narrow table.

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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More Activities to Try

One-Handed Underhand Toss:

Gather a small ball and a large container such as a laundry basket. Instruct your child to stand facing the container. Have him or her bend at the knees, hold the ball with one hand, and then toss the ball into the container.



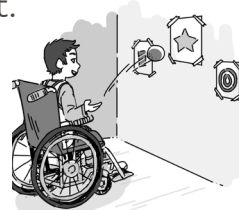
Two-Handed Overhand Throw:

Have your child hold a ball as he or she stands with one foot in front of the other, hip-width apart. Guide your child to rock back and forth a few times, then rock back with arms overhead, rock forward and throw the ball.



Children who have help learning sport skills at an early age are more capable of doing challenging movements as they grow older.

Target Practice: Tape pictures of shapes or familiar objects to a wall. Have your child gently toss a soft ball at the targets. For a greater challenge, name a picture and ask your child to aim for it.



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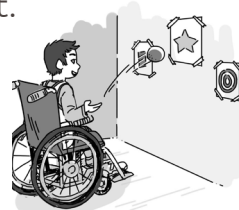
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