

THROWING AND AIMING

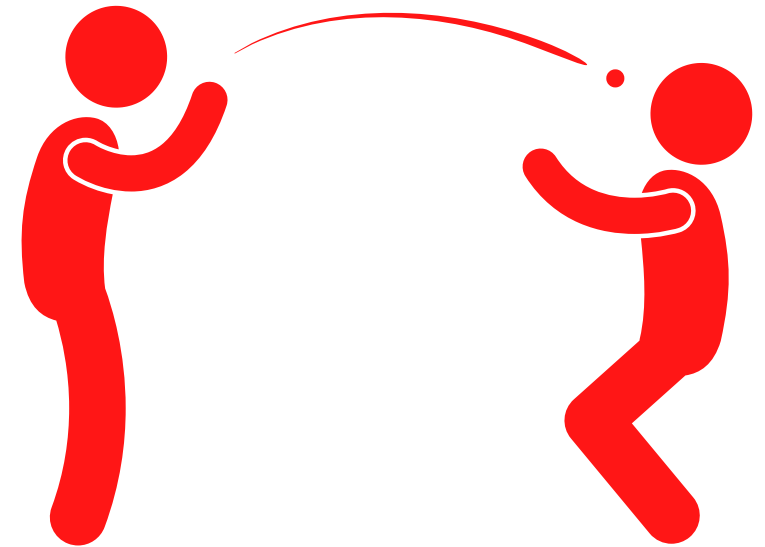


OBJECTIVES

- ★ IMPROVE CATCHING TECHNIQUE.
- ★ PRACTISE CATCHING FROM A VARIETY OF DIFFERENT HEIGHTS.

INSTRUCTIONS

- ✓ ROLL UP A PAIR OF SOCKS TO MAKE A BALL.
- ✓ PRACTISE THROWING AND CATCHING THE SOCKS TO YOURSELF OR WITH A PARTNER.
- ✓ START THROWING IT LOW AND GRADUALLY START THROWING THE SOCKS HIGHER.



CHANGE IT UP



THROW THE SOCK AWAY FROM YOU AND RUN TO CATCH IT.



SHUT ONE EYE WHILST CATCHING.



IF WITH A PARTNER, THROW TO THE SIDE TO INCREASE DIFFICULTY.