

## CATCHING DEVELOPMENTAL ACTIVITIES

Week #1/Lesson #1

### 1 Catching a Rolling Ball

Have the child roll the Soft Tuff Ball slowly away from him/herself, run ahead, get in front of the ball, bend down and catch the ball with both hands. Have the child complete 8 out of 10 successful catches.

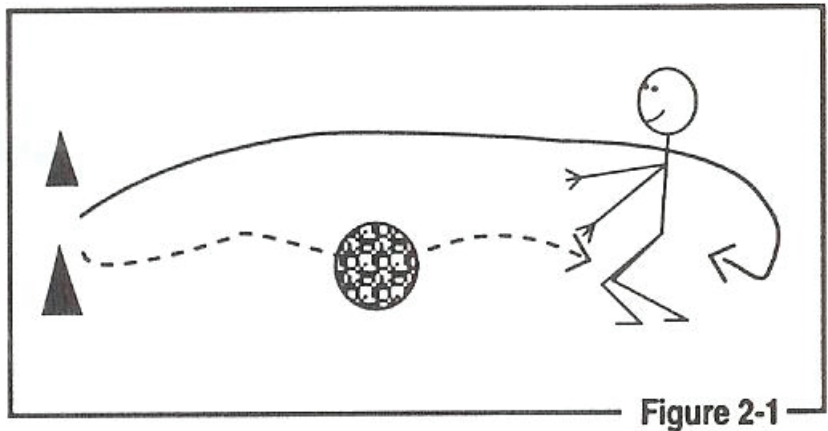


Figure 2-1

Ages 3 - 4 & ages 4 - 5 perform this task the same way

Week #1/Lesson #2

### 2 Catching a Ball Rolled by a Partner

The child stands across from the parent, who slowly rolls a Soft Tuff Ball on the ground to the child. The child bends down and catches the ball with both hands, then slowly rolls the ball back to the parent. Each child catches the ball successfully 8 out of 10 times.

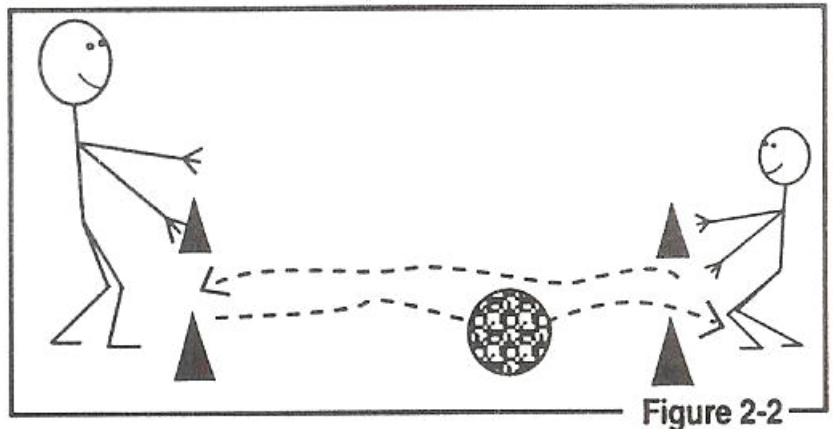


Figure 2-2

Recommended starting distances:  
10 feet (ages 3 - 4) \* 20 feet (ages 4 - 5)