

## THROWING DEVELOPMENTAL ACTIVITIES

Week #5/Lesson #1

### 9 Throwing to a Partner

Starting at the recommended distance, with the parent behind the first line and the child standing behind the second line, play throw and catch. After the child completes 8 out of 10 throws and catches successfully, the parent will move back at 5 feet increments. repeat at the next line back and as the child is successful, increase the height and speed of the throws.

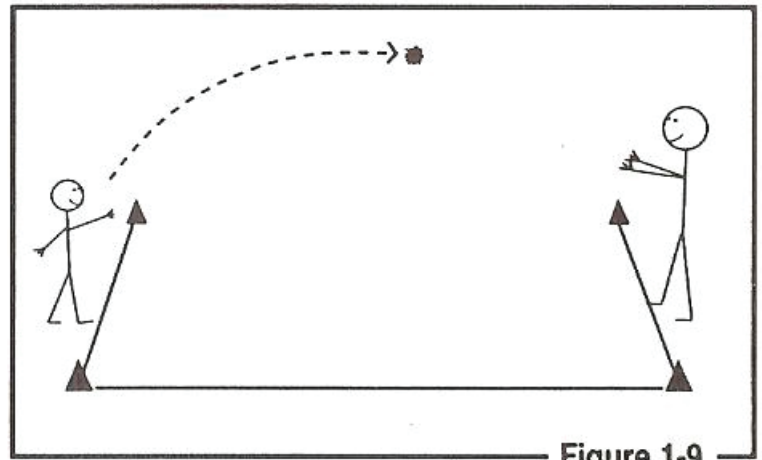


Figure 1-9

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

Week #5/Lesson #2

### 10 Throwing to a moving target

Standing on a line across from his/her parent, the child throws the Rubber Band ball (a Cortex Football is also a great item) to the parent as the parent runs to the right. The child should throw 8 out of 10 times so that the parent has a good chance of catching the ball. Repeat the catcher running to the left and back away from the thrower. Complete 8 out of 10 successful throws for each situation. Then repeat increasing the distance 5 feet.

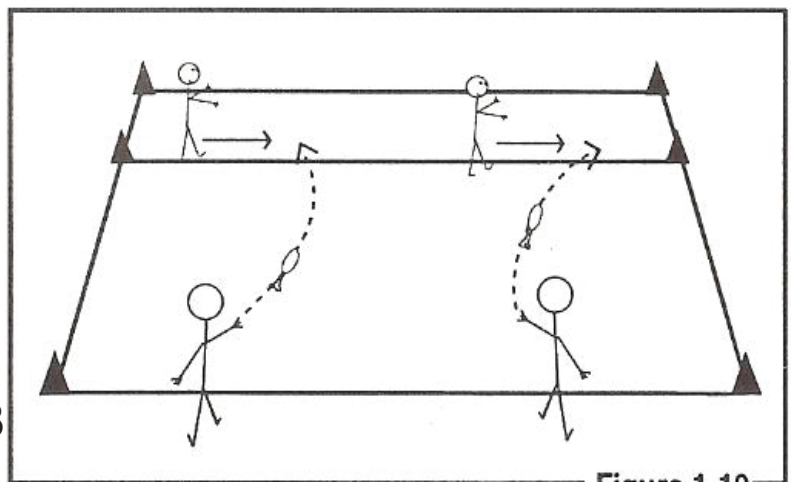


Figure 1-10

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