

Throwing Challenges

Participants practice throwing and catching in different ways.



Instructions

- Try progressive challenges that involve throwing and catching:
- Throw and catch with two hands.
- Throw and catch a little higher.
- Throw and clap and catch.
- Throw, touch the ground, and catch.
- Throw, turn around, and catch.
- Throw and catch with one hand.
- Throw under the leg and catch.

