



3 and 4-year-old At-Home Training Lesson 8: CATCHING

Section 1: Ultimate Warm-ups

- Arms: Beginner army crawls across the ground - Drag your body down the floor using your forearms.
- Legs: Frankenstein's across the ground - Swing your legs up to your hands as you walk down the floor.
- Abs: Swimmers for 10 seconds - Kick your legs up and down as if you were swimming, without stopping.
- Core: Bear crawls across the ground - Crawl up and down the floor like a bear without letting your knees or elbows touch the group.

Assignment Overview

- Today you are going to work on CATCHING.
- Here are the three CATCHING tips that I want you to practice today:
 1. Hold your hands out as you catch.
 2. Keep your eyes on the object.
 3. Hold the object tightly as you catch it.

Section 2: Skill-building drill (Do three sets)

- Standing catches: You will practice throwing a ball up in the air and then catching it while standing in one place. Continue until you catch the ball five times in a row.
- Balloon catchers: You will toss a balloon in the air and do 1 kick then catch the balloon. See how many kicks you can do in each turn before you catch the balloon for a bigger challenge.

Section 3: Partner stretches

- Sitting hamstring stretch for 10 seconds - Reach down towards your toes and go as far as you can without bending your knees. Your partner will apply gentle pressure to their back pushing them a little farther down.
- Butterfly stretch 10 seconds - Sit down with your knees bent and feet in. Touch the bottom of your feet together and hold your toes. You will lean forward lowering your head as far as you can go. Your partner will assist by pushing your back a little farther down.
- Chest stretch for 10 seconds - Sit with legs crossed. Extend your arms straight behind your back. Your partner will gently pull your hands towards each other while slightly lifting up at the same time.
- Straddle stretch 10 seconds - Sit in split position with both feet out to the sides, knees straight. Lean and reach as far forward as you can. Your partner will then apply gently pressure to push you farther forward.