



Sit, Throw and Catch

Skills: Throwing and agility

Equipment: Light footballs

Safety: Ensure children have enough space

Activity:

- Children sit on the ground holding a light football in both hands.
- Using two hands the child throws the ball as high as they can.
- They must quickly get to their feet to catch the ball at its highest point.

Coaching Points:

- The child gets a point for each time they successfully get to their feet to catch the ball.
- If the child drops the ball or doesn't get to their feet on time they must start again counting from zero.

Variation:

Use a variety of different types of throws. Use one-handed and two-handed throws.

Have Fun, Be Active, & Try Athletics!

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