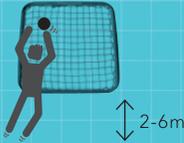


1

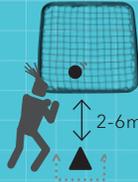


★ THROW & CATCH

Variations:

- » Kick & trap (Football)
- » Kick & catch (Rugby etc)
- » Flick & trap (Hockey, Lacrosse)

2



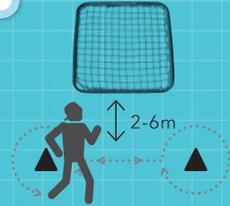
★ THROW, CATCH & STEP

Throw & catch on alternating sides of cone.

Variations:

- » Kick & trap (Football)
- » Kick & catch (Rugby etc)
- » Flick & trap (Hockey, Lacrosse)

3



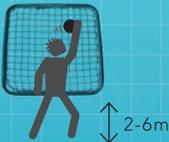
★ THROW, CATCH & RUN

Run around alternating cone after each catch. Place cones 6m apart.

Variations:

- » Kick & trap (Football)
- » Kick & catch (Rugby etc)
- » Flick & trap (Hockey, Lacrosse)

4



★ CATCH ONE HAND

Catch using only one hand.

Variations:

- » This is great for larger ball sports for developing finer motor skills

5



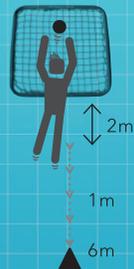
★ THROW OTHER ARM

Throw using your other arm.

Variations:

- » Kick with weaker foot & trap (Football)
- » Pass side on from weaker side (Rugby etc)

6



★ STEP BACK

Starting at 2m, step back 1m after each catch. Stop at 6m and return to 2m.



DR SHERYLLE CALDER – WORLD-LEADING VISUAL PERFORMANCE SPECIALIST

A great line up of activities for all sports lovers, from the very youngest through to elite athletes. Choose between the sane or insane side, along with the ball type, to vary the challenge. These activities develop a wide range of vision and coordination skills, and provide a lot of repetition in a short space of time to promote rapid skill development.