



Name: \_\_\_\_\_

## Leaping

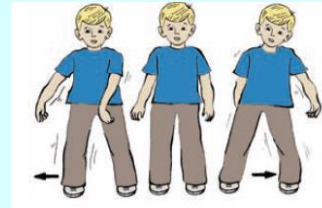


1. Take off with one foot
2. Land on opposite foot

Date

Progress

## Side-sliding

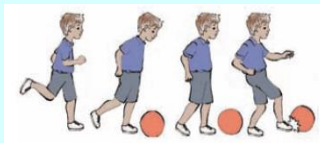


1. Take a side step and *draw a line (drag/slide)* with the other foot to meet

Date

Progress

## Kicking

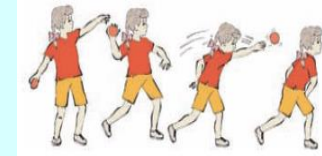


1. Eyes on the ball (*'Heat up the ball with your laser eyes'*)
2. Step the non-kicking foot beside the ball
3. Kick the ball with the shoelaces/Velcro part

Date

Progress

## Overarm Throwing



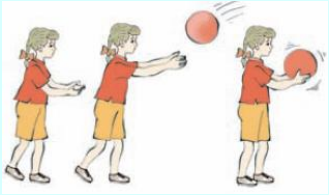
1. Face side on to target, hold the ball in one hand, point at target with the other.
2. *'Make a smiley face'* with the ball hand, bringing the throwing hand down and up behind the body
3. *'Step over the creek'* with the foot closest to the target
4. Bring the ball over, releasing the ball
5. Give the front leg a *'high 5'* (or *pull a scarf from pocket*)

Date

Progress

Name: \_\_\_\_\_

## Catching

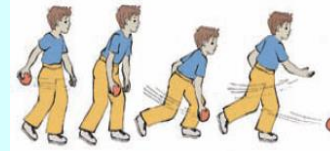


1. Use opposite arm and leg
2. *'Run tall'*
3. Eyes looking straight ahead

Date

Progress

## Underarm Rolling



1. Hold the ball in one hand and swing the arm back, *make a smile with your arm*
2. Step forward with the opposite foot, bending knees *will you marry me?*
3. Swing the arm forward, releasing the ball close to the floor, so it rolls along the ground

Date

Progress

## Stationary Dribbling



1. Push a ball up and down with the tips of your fingers, palms don't touch the ball  
*(live spider fingers)*

Date

Progress

## Striking



1. Stand side on to target, Hold bat with both hands, *'straight arms'*
2. Bring bat back *'scratch your back'*
3. Swing and hit ball *'straight arms'*
4. Follow through with bat to *'scratch other shoulder'*

Date

Progress