**April 6-April 10**

**Monday:**

Target Throwing (need tennis ball or any other type of ball and box or bucket)

Place box/bucket 10’ away

Throw ball underhand to the target 25 times

Step with the opposite foot you throw with

Increase the distance between you and the target

\*Compete with another player

\*Play cornhole

**Tuesday:**

Throwing and Fielding (need ball and flat surface)

Face a flat surface (wall)

Throw the ball at the wall

Catch /field it in the air or off the bounce

Keep your body low

Field the ball and quickly throw it back to the wall

\*Compete with another player

**Wednesday**

1 Base Baseball (need 2 players)

Ball up a pair of socks or aluminum foil

A pitcher, a batter, and a base

Pitch the ball, batter hits ball with his hand, then runs to the base and back home

Pitcher tries to catch ball in the air or tag him before he gets home. 3 outs and switch

\*Whiffle ball with more players

**Thursday**

Playing Catch (need 2 players and a ball)

Alternate throwing ground balls, pop flies and line drives

Work on keeping eyes on the ball and staying in front of the ball

Throw back and forth to each other

\*Compete by seeing who catches the most balls

**Friday**

Review all the activities above

Play wall ball or whiffle ball

Be creative and make up your own game