

6U/8U - AGILITY & BALANCE

HOP & CATCH

SETUP

- Divide players into partners and position them 5 feet apart.
- Each group has 1 tennis ball.

① MOVEMENT

- Play catch while hopping on one foot (switch feet each repetition).
- Throws can be overhand or underhand.
- Throw ball with dominant hand.

ADVANCED

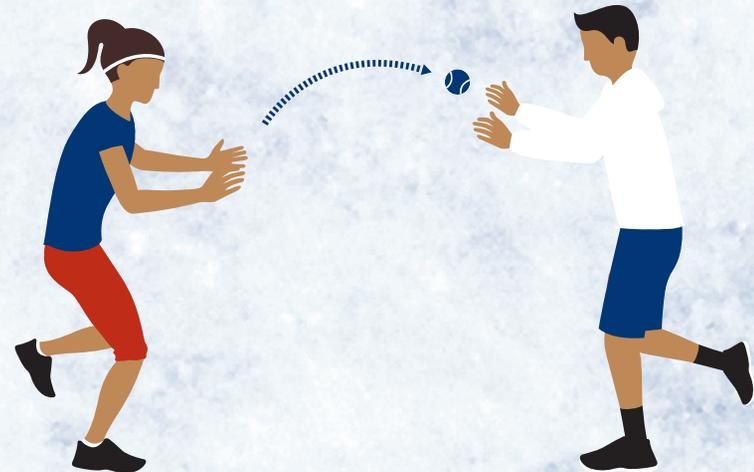
Catch and/or throw with non-dominant hand.

If too advanced, modify exercise: throw, catch, then hop, stop hopping and throw to partner. Repeat.



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