

Week 4

Athletic skill (warm-up): Hurdle, small strides, two steps per ladder



Key points:
high knees,
hands on side
of the body

Striking: Low full toss – under arm throw. Hit against net. 4x balls rotate



Key points:
head straight,
full swing of the
bat

Coordination: Clap and catch. Throw to one another



Key points:
head watching
the ball, hands
in front of the
body

Bowling/throwing: Throw: long lever (Load position) 10 reps.



Key points: side
on position,
front arm
pointing to
target, throwing
up loaded 90°

Game: Target throwing – competition. Make goal