

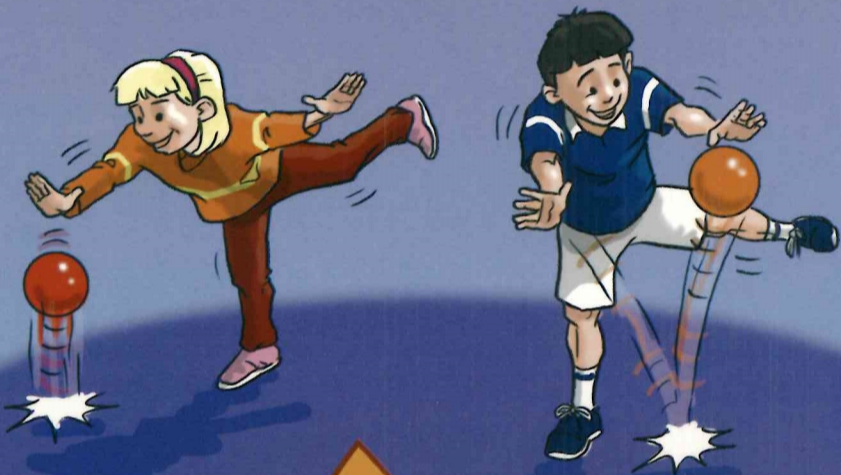
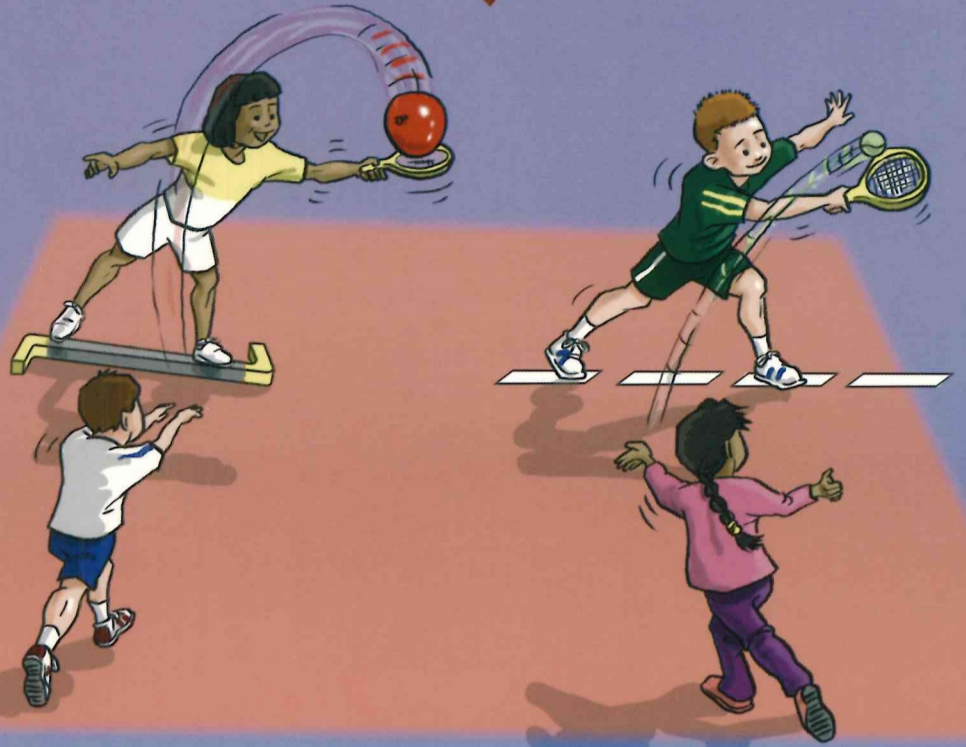
MULTI-SKILL CLUB

BALANCE 3 CHANGING BALANCE: MOVING BODY PARTS



Send the ball and catch in as many different ways as possible.

Feed and control/catch and rebound.



Balance and bounce.
Change hands and position.

Roll ball to a partner.
Use good balance when
sending and receiving.



Spin one hoop or two hoops.



Juggle with two or three
balls or bean bags.

Use elastics to challenge
balance.



Throw and catch against
a wall.

