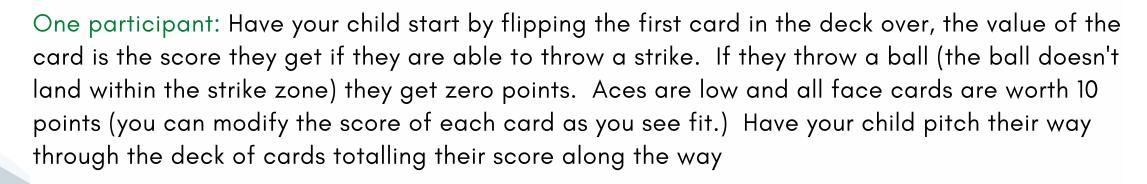


To furtherincrease the difficulty, add extra movements before catching (e.g. spin before catching, clap under your leg, clap behind your back, high five the ground).

Activity: Warzone

Equipment: A deck of cards, a strike zone and a ball (baseball, tennis ball, etc.)

Description: Start by creating your own strike zone; you can use painter's tape or chalk on a wall or fence outdoors. Strike zone sizes can vary based on the height of a batter; for a guide on strike zone dimensions click here. Once the strike zone is established choose a distance for your child to throw from. If you are playing indoors you can create a strike zone and play with a pair of rolled up socks. Below we've included different rules based on the number of participants:



Two or more participants: Standard rules of the card game war apply, you can review the rules here. Start off by having the players play rock paper scissors to determine who goes first and second each round. Players will flip their card over, a player's card value only counts when they throw a strike, if both players throw a strike the higher card value wins, if both players throw a ball the higher card value wins. If one player throws a strike and the other player throws a ball the player who threw a strike wins regardless of the card value. The game continues until one player has all of the cards

To encourage arm care players should not be throwing at full velocity, the objective of the game is accuracy and not speed. Make sure players take a break between games or based on the length of the game limit players to one game a day.

Activity: Home Run Derby

Equipment: Cones or markers and a few balls (wiffle balls or tennis balls or baseballs) and a baseball bat

Description: Set up an imaginary wall with pylons or markers. The hitter tries to hit whiffle balls over the wall. The scoring works as follows: 2 points if it goes over on the fly and 1 point if it rolls over. Everyone who is not hitting is in the field trying to stop the balls from going over.

Blitzball can be another fun variation of a wiffle ball derby, order a set online here