

I Can Do This With The Ball Can You?

- Now you can start to introduce the ball
 1. Bounce the ball on the ground and catch it with both hands, then ask the players if they can do it
 2. Great Job Team! I can throw the ball in the air and catch it with two hands while I stand still, Can You?
 3. That was awesome... Now say; *"The next one is really hard"*
 4. Now throw the ball in the air while moving forward, then ask them if they can do it.
 5. Have them try it
 6. WOW... You made that look easy GREAT JOB!

