



Playball 4's and 5's

Dates: Mondays - Jan 9th - May 7th

Tuesdays - Jan 10th - May 8th

Dates excluded:

Jan 16th (MLK Holiday), Feb 20th and 21st (Winter Break), April 2nd and 3rd (spring break)

Times: During extended day between 12:30 and 1:30

Cost: Monday 15 week session is \$185.

Tuesday 16 week session is \$195.

The children will receive a baseball cap and a medal at the end.

Please go to www.playballcobb.com to register.

Please contact me at Lynlimbeek@yahoo.com if you have any questions.

I have included a brief summary of the skills we will be working on below.

Playball, is a specialized ball sports' program, devised and continually updated by sports experts, occupational therapists and educational specialists. At *Playball*, **girls and boys** from three to six years old learn the basic skills for such sports as **baseball, basketball, hockey, tennis, soccer, volleyball** and more in a warm, caring, positive and friendly environment.

The Playball program is very **structured and age appropriate** and each stage is **progressive**. We have 30 lessons per age group, 10 beginner, 10 intermediate and 10 advanced lessons. Every lesson we start with a **warm-up**, then **6 skills** and end with a **game**, the playball **song**(shout), playball **sandwich** (as we are all friends and a team) and clap on the shoulder (to cross the midline). The children then receive a **stamp, sticker or tattoo**. Each week we have a **helper** who gives all the participants the welcoming "hi 5" and puts the equipment back after activities.

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In the four and five year old programs the quality of the execution of the skills is important. We ensure the child performs the skill correctly by teaching the correct grip, stance, body position, and action.

Some of the skills we will be are working on include:

- **soccer** - drop kicks, pass kicks, keeper kicks, lace kicks, heading and dribbling
- **tennis** - forehand, backhand, volley and bouncing a ball with a bat and a stick
- **baseball** - fielding, throwing, catching and hitting
- **basketball** - dribbling, catching and throwing (including chest passes)
- **balance** – standing on one leg, hopscotch
- **hockey** - dribbling and hitting
- **hoop skipping and jump roping** (just introduced not mastered)

Playball coaching is positive. Your child is important to us whether a sport star, social success or of average abilities. Our aim is to inspire and motivate your child to participate and progress through individualized and specialized skill teaching. Our classes are small enough for us to monitor each child and give him/her individual attention. **He/she can work at his/her own pace.**