



## *Playball 3-4 year olds*

**Dates: Mondays - Jan 9<sup>th</sup> - May 7th**

**Tuesdays - Jan 10<sup>th</sup> - May 8th**

**Dates excluded:**

Jan 16th (MLK Holiday), Feb 20th and 21st (Winter Break), April 2<sup>nd</sup> and 3<sup>rd</sup> (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](http://www.playballcobb.com) to register.**

Please contact me at [Lynlimbeek@yahoo.com](mailto:Lynlimbeek@yahoo.com) if you have any questions.

*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.

**Brief summary of some of the skills we will be working on with the three –four year olds.**

**The warm-ups include:**

- hoop jumping in preparation for jump roping when older,
- slalom running through cones to help with crossing the midline.

**Skills include:**

- **Bouncing** a big ball – 3 times
- **Heading** a big ball
- **Rolling** a big ball and a tennis ball with direction
- **Fielding** a tennis ball with catching cup
- **Fielding** a big ball and a tennis ball with a tennis bat or a stick
- **Balancing** activities including balancing a beanbag on head and balancing on 1 leg
- **Hitting** a big ball or a tennis ball with a tennis bat or a stick
- **Lace kick, and drop kick**
- **Hockey dribbling** a big ball with a tennis bat and a stick
- **Catching** – dropping and catching a big ball and a tennis ball
  - as above with a clap
- **Throwing** with direction – big ball overhead and underarm
  - tennis ball and beanbag side on
- **Throwing** a beanbag up and catching it

**New Activities introduced in the second semester:**

- **Tennis forehand** – hitting a big ball with a bounce
- **Dribbling** - a big ball with feet

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.**