

10U/12U PHASE I - UPPER & LOWER BODY

MARCH & CATCH

SETUP

- Divide players into partners and position them 8-10 feet apart.
- Each group has 1 tennis ball.

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MOVEMENT

- March while playing Catch with teammate.
- Throws can be overhand or underhand.
- Throw ball with dominant hand.
- Challenge players to make 5-10 consecutive catches without dropping the ball.

If players have trouble, simplify by playing catch without marching, or toss ball underhand.

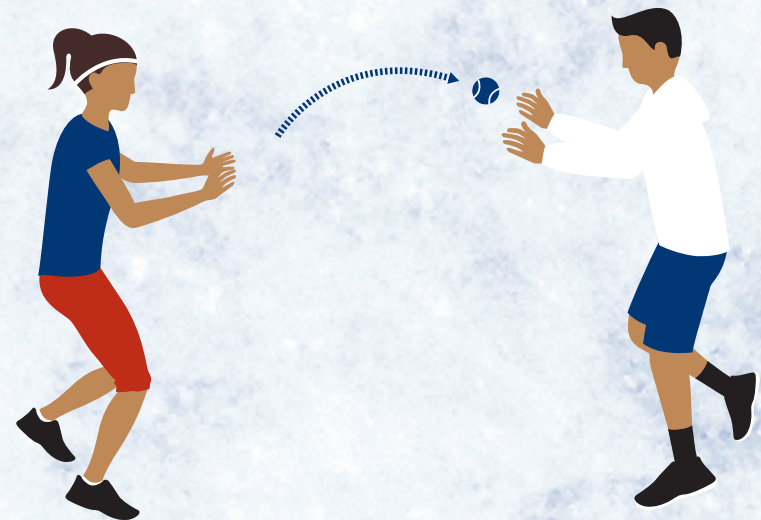
ADVANCED

Catch and/or throw with non-dominant hand.
Hop on one foot while playing Catch.



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