



WEEK TWENTY-NINE

Practice baseball (softball) skills: practice pitching (try for control; pitch toward a target; try for speed; pitch for deception); practice catching with or without a mitt; field pop-flys and ground balls; practice batting (ask your parent-teacher to demonstrate the proper batting stance and proper grip on the bat). Practice bunting and base running.

WEEK THIRTY

Practice soccer skills: Practice kicking a soccer ball or playground ball with the instep and the inside of the foot; make long passes with the instep, short passes with the inside of the foot. Kick the ball along the ground and through the air.

Dribbling: move swiftly while taking the ball along under near-perfect control (the ball no more than eighteen inches from the feet). Nudge the ball while running with short, rapid steps.

Trapping: take the speed off a moving ball while gaining control of it.

Tackling: taking the ball away from another by using the feet only.

Heading: passing or shooting the ball with the head. Be careful with heading; Jesus wants us to be concerned about our bodies and to take care of them, not to be careless.

WEEK THIRTY-ONE

Practice table tennis (or paddle tennis) skills: Practice with a small sponge rubber ball or ping-pong ball, using wooden paddles. If there is not a ping-pong table available, use any table or push a small table against a wall; hit the ball against the (basement or garage) wall. Have your parent-teacher demonstrate the proper grip. Practice for accuracy; mark a target on the wall if there is no one to play with. Practice the push shot, the top-spin drive (swing forward and upward to impart spin), chop stroke (swing forward and downward to give back spin to the ball), smash shot (“vicious” forward or forward and downward swing), and the drop shot (sudden short return of ball which just drops over the net). Play honestly and fairly as Jesus wants us to play.

WEEK THIRTY-TWO

Practice horseshoes skills: If the equipment is not available, use a broom handle as a stake, and use plastic rings or stiff-rope rings. Have your parent-teacher demonstrate a “ringer.”

WEEK THIRTY-THREE

Practice football skills: Practice throwing and catching the football. Learn to catch and throw while running. Aim for accuracy. Run and “weave” while carrying the ball. Ask your parents or older siblings to help. Practice kicking and punting.

WEEK THIRTY-FOUR

Practice skills of deck tennis: Use a small inexpensive sponge ring about six inches in diameter. The ring is thrown back and forth between players across a net 2 1/2 feet wide, four feet, eight inches high. However, a net is not necessary. Develop catching skills.