



DON'T DROP IT!

Ages 5+ | Individual or Family based | 1+ players

AIM OF THE GAME



- ▶ Throwing and catching a ball in different ways without dropping it!

EQUIPMENT



- ▶ Small ball (tennis ball)

HOW TO PLAY



- ▶ Start with throwing the ball straight up in the air and catching it with one or two hands. Remember, don't let it drop!
- ▶ See how many throws and catches you can make without the ball dropping to the floor, increasing the height of each throw.
- ▶ With increasing the height of each throw, what actions can you perform before catching the ball? Remember, don't let it drop!
- ▶ Maybe try spinning around, clapping your hands together two or three times, or crouching down and touching the floor before standing up to catch the ball.
- ▶ What tricks or actions can you perform between the throw and the catch?

GAME VARIATIONS



1. Try doing the same again with one eye closed.
2. Play with two balls, one per hand, changing hands on each throw.
3. Let the ball bounce on floor before catching it. Does this let you come up with more throw and catch combinations.
4. Play with a friend or another playmate and challenge yourselves to see if you can copy each other's tricks and actions in between throwing and catching. Stand opposite your partner and launch the ball at the same time, both players must catch the other's ball without it dropping!
5. Continuing to stand in front of your partner, launch the ball at the same time but one ball must be thrown in the air while the other must bounce on the floor. Both players must catch their partner's ball!

ANY OTHER NOTES

Try changing what type of ball you use! Using a different shaped or weights of ball can make the game harder or easier!