



GALLOP

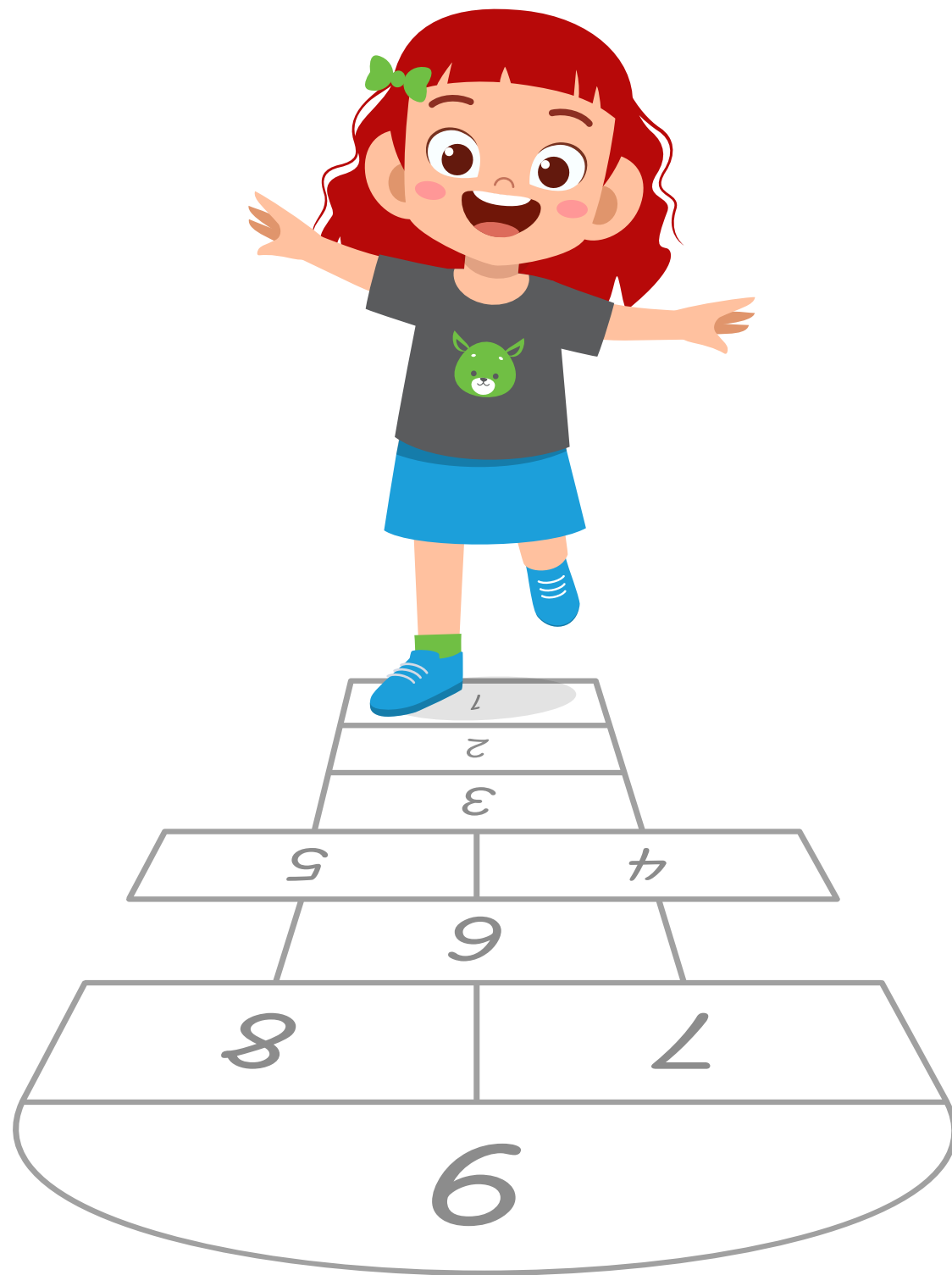
- Step forward with the lead foot
- Push off with the back foot to meet lead foot but not pass it (kick heel with toe)
- Bring your feet together 'step together'
- Keep arms at side for balance



JUMP

2 feet to 2 feet

- Stand with feet shoulder width apart
- Knees slightly bent in a 'ready position'
- Swing arms back then forward to generate momentum (as you bend down)
- Both feet take off and land at the same time
- Push off your toes to generate power
- Land softly by bending your knees



HOP

- Balance on one foot
- Keep the non-hopping leg bent with your foot held off the ground behind you
- Arms back then forward in sync with your hopping leg for balance and momentum
- Bend knees on take off and landing

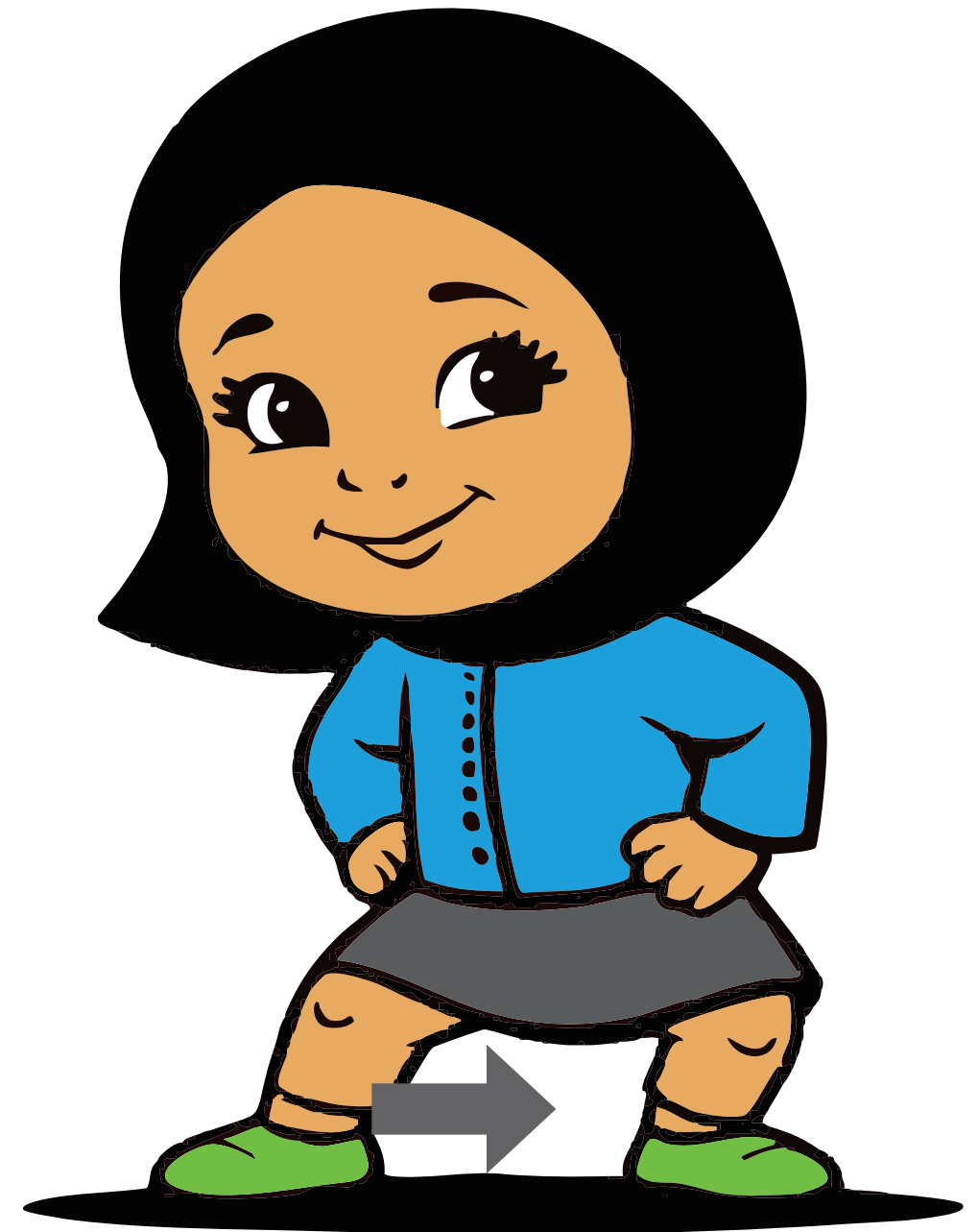


SKIP

- Step forward and perform a hop while driving the other knee up, and repeat on the other foot
- Alternate a step–hop, step–hop pattern
- Swing your arms in coordination with your legs, moving the opposite arm with each step

SLIDE

- Face sideways with feet shoulder width apart
- Bend your knees slightly
- Step sideways with your front-leading foot in the direction you want to move
- Bring the back foot meet lead foot
- Repeat a slide together–slide together pattern without crossing your legs



LEAP

- Start facing forward and use running steps to lead into the leap
- Take off on one foot, extend your legs into a split lunge position mid-air
- Cushion your landing by bending your knees
- Keep your head up and eyes looking forward





RUN

- Keep your head up and eyes looking forward
- Lift your knees to create power
- Pump your arms at 90 degrees—opposite arm to opposite leg
- Elbows to hips, thumbs to lips
- Land softly on the balls of your feet, not your heels



WALK

- Keep your head up and look forward
- Step forward, land with your heel first, then roll onto your toes and repeat on the other foot
- Arms swing opposite to your legs

TOSS

Underhand

- Eyes looking at the target
- Step forward with the opposite foot of your tossing hand
- Swing your arm back then forward in a smooth motion toward the target
- Follow through by extending your arm aiming at the target, while shifting your weight from your back foot to your front foot

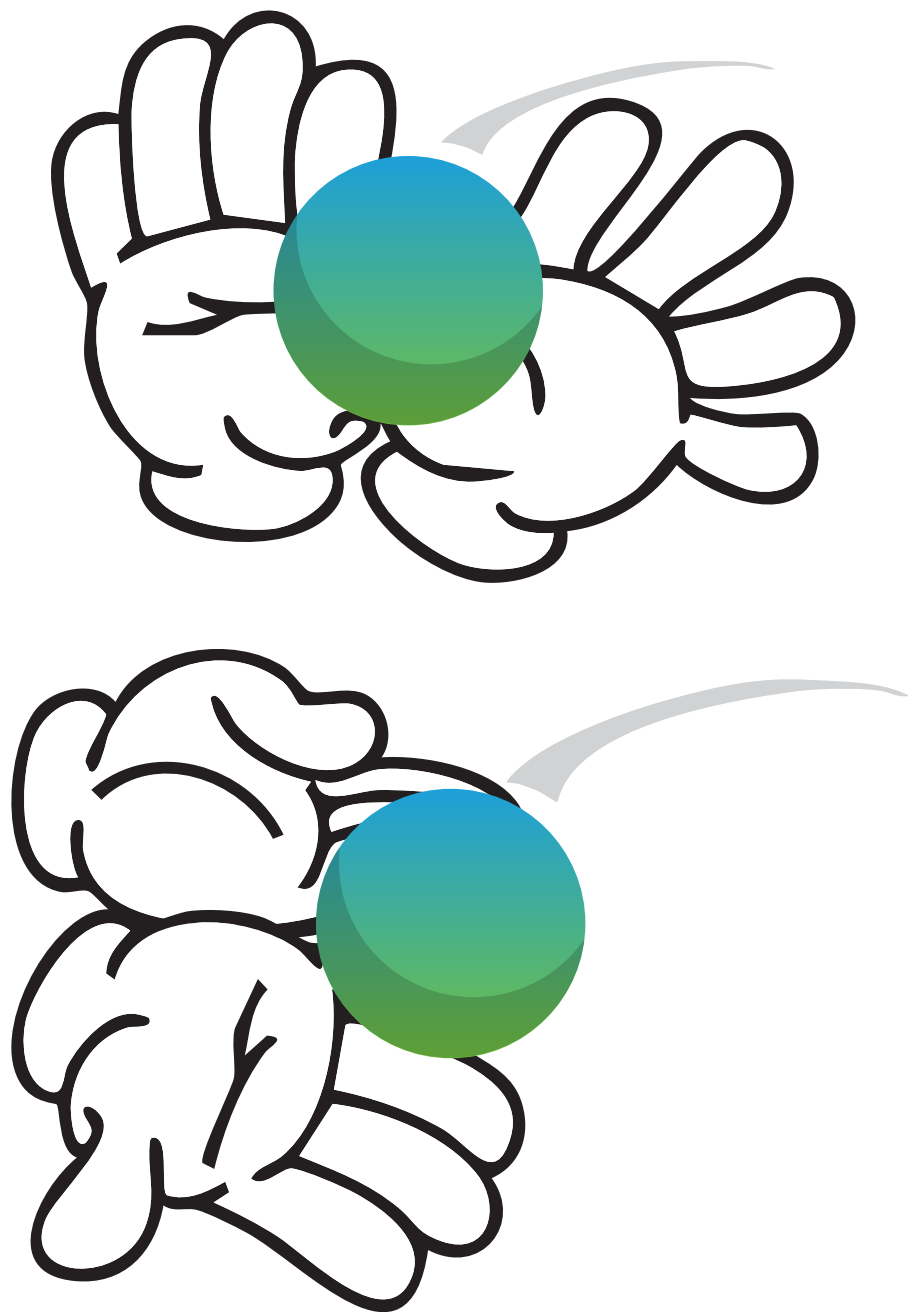


THROW

Overhand

- Eyes looking at the target
- Turn your body sideways, with your non-throwing shoulder facing the target
- Bring your throwing arm behind your head
- Step forward with your opposite foot to your throwing hand
- Twist your body by rotating your hips and shoulders
- Snap your wrist at release and follow through across your body



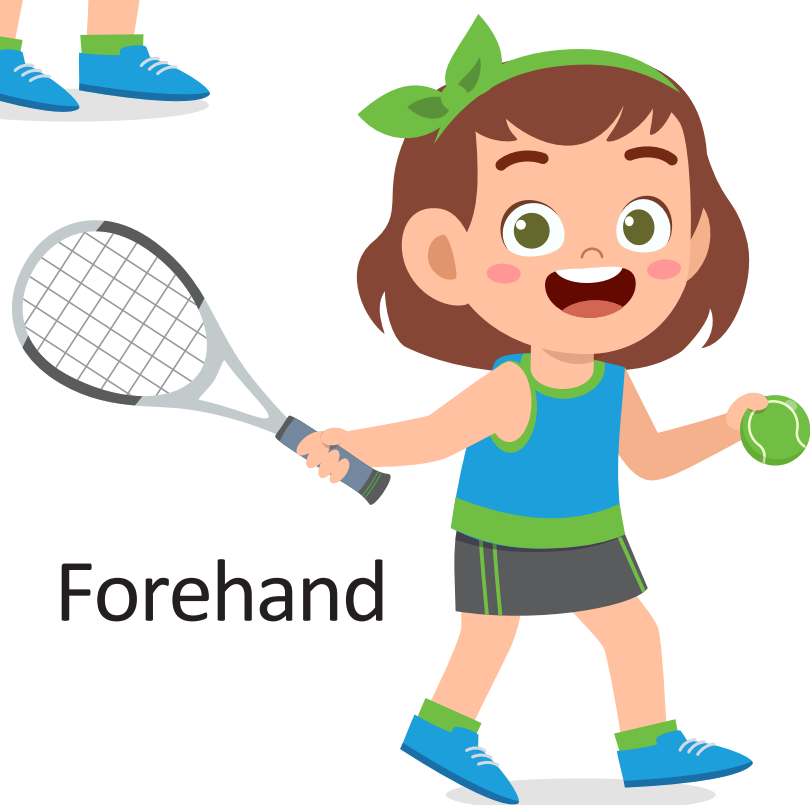


CATCH

- Keep your eyes on the ball
- Reach out by extending your arms towards the ball
- Relax your hands to absorb the catch
- Catching above the waist—fingers up, thumbs together and facing down
- Catching below the waist—fingers down, pinkies together—thumbs up
- Bend your elbows and bring the ball towards your body



Ready



Forehand

STRIKE

Forehand

- Keep your eyes on the ball
- Turn your body sideways, with your non-dominate shoulder facing the target
- Pull your arm back to prepare for swing
- Step with your front foot and swing from low to high
- Follow through in the direction of the target

STRIKE

Backhand

- Keep your eyes on the ball
- Turn your body sideways with your dominate shoulder facing the target
- Pull your arm back to prepare for swing
- Step with your front foot and swing across your body from back to front
- Follow through in the direction of the target





Trap



Dribble

TRAP & DRIBBLE

Soccer

- Keep your eyes on the ball
- Control the ball using the inside of your foot, chest or thigh
- Cushion the ball to absorb the momentum and push toward the ground
- Dribble the ball using the inside of your foot keeping your eyes up
- Use soft taps and keep the ball close
- Connect with the ball using the inside of each foot



KICKING

Soccer

- Keep your eyes on the ball
- Plant your non-kicking foot beside the ball
- Strike with the inside of your foot for accuracy or top (where your shoe laces are) of your foot for power
- Follow through by swinging through the ball towards the target

SHOOTING

Basketball B.E.E.F.

- **BALANCE**—Feet shoulder width apart, one foot slightly ahead of the other
- **EYES**—Eyes should be focused on the basketball rim
- **ELBOWS**—The shooting hand and elbow should be aligned under the ball (elbow should not flair out to the side)
- **FOLLOW THROUGH**—Ensure the wrist snaps and the ball rolls off the fingertips to produce a backspin on the ball, the wrist is softly flexed and arm extended, commonly known as “hand in the cookie jar”





PASSING

Basketball

CHEST PASS

- Hold ball in both hands, chest height, thumbs toward your chest
- Step forward, extend arms and snap your wrist to pass the ball in a straight line to your partner's chest
- Finish with arms in front at chest height



PASSING

Basketball

BOUNCE PASS

- Hold ball in both hands at chest height
- Step forward, extend your arms and snap your wrist down to bounce the ball forward to your partner
- Finish with arms in front at thigh height

THROW

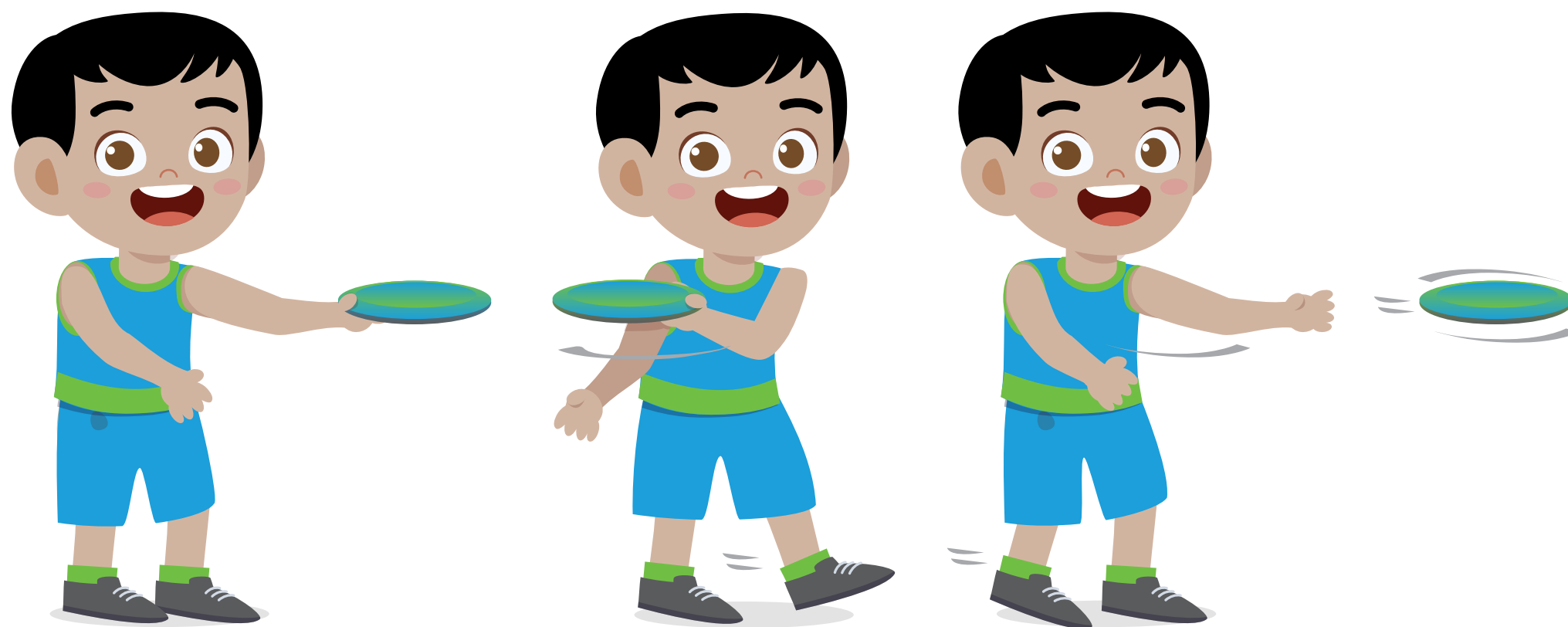
Frisbee

GRIP

- Thumb on top and fingers on bottom

THROW

- Bring the frisbee across your body, step, point, snap your wrists and follow through to target

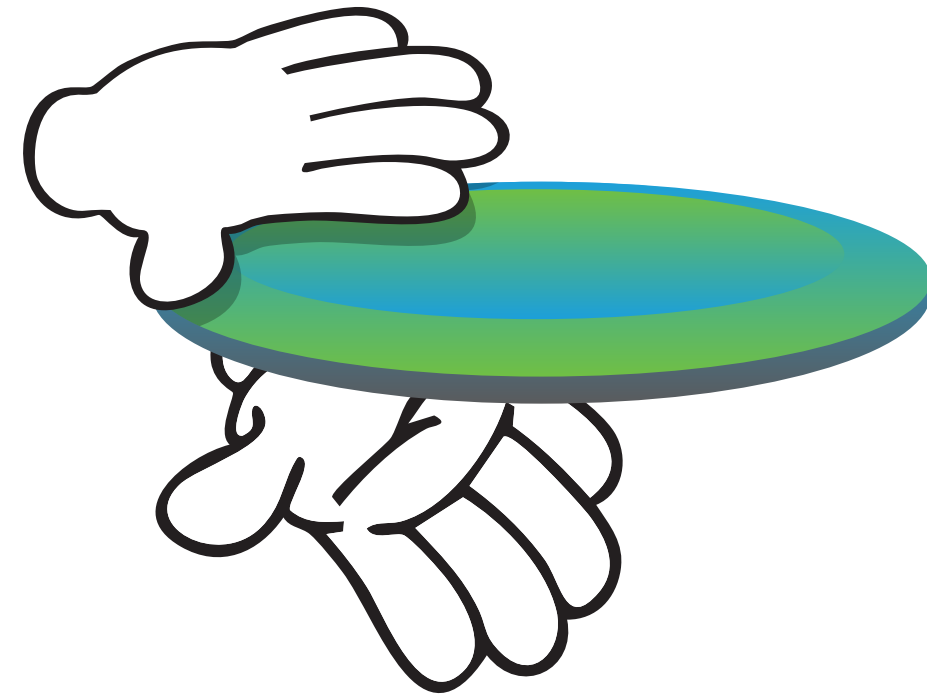


CATCH

Frisbee

ALLIGATOR SNAP

- With both hands, grab the frisbee top and bottom



CRAB CLAWS

- With both hands, grab the frisbee between your thumbs and fingers

