

# HOMEWOOD AT HOME ACTIVITY



**Week Three**

**Astro Ball**

## LEVEL 1

Start this activity with the ball in your hands. Throw the ball into the air as high as you can and catch it after it bounces 1 time.

## LEVEL 2

Start Level 2 with the ball in your hands again. Throw the ball into the air as high as you can and catch it before it bounces. See how many times you can catch it in a row without it bouncing.

## LEVEL 3

With the ball in your hands, bounce the ball on the ground so that it goes above your head. As it comes back down, try to stop it with your foot. As you practice, it's okay if it bounces. See how many you can do in a row with 2 or less bounces.

## LEVEL 4

Throw or kick the ball in the air as high as you can. As it comes back down, try to stop it with your foot before it bounces. See if you can make the ball land "softly" without any bounces when you take a touch.

**SHOW US YOUR SKILLS BY POSTING ON SOCIAL MEDIA WITH THE #HWDPRIDE OR SEND IN YOUR VIDEOS TO MASON COOK AT MASONCOOK@HOMEWOODSOCCER.COM**