

## Week of June 1<sup>st</sup> – June 5<sup>th</sup> – “Striking”

This week theme is "*Striking Objects*" - for 20-30 minutes each day practice or play games that involve striking objects (ie) volleyball serve, badminton, tennis, ping pong, handball, paddle ball, etc. (*Many items to use for striking can be purchased from dollarstore*)

Note: Baseball & Golf are other forms of striking, but involve swinging bat or club with 2 hands, and standing sideways towards where you are striking it, and facing the object off a batting/golf tee.



### Skills to focus on:

(For Grades K-2 – focus on striking for fun & exploring hitting objects (ie) balloons work great!)

(For Grades 3-5 – Focus on the proper techniques listed below)

If using a paddle or racquet focus on **Handshake Grip**:

- Hold the paddle out from your body, waist high, so the head is vertical to the ground and the handle is pointing to your belly button.
- Grip the paddle handle as if you were shaking hands with it. Thumb & Forefinger for a V-shape along the top of the handle and point to the edge of the paddle head.

**Underhand Serve/Strike** –Similar technique to underhand throwing. Work with a partner, strike object back & forth. You can also work by yourself and strike ball off a wall or try to get it into a target.

- Hold ball, birdie, etc. with non-strong/dominant hand
- Swing other/strong arm back (your hand and/or racquet)
- Step with opposite foot (opposite foot of striking hand/hand holding paddle or racquet)
- Swing & strike the ball/object with an open palm/racquet head
- Follow Through towards the target

If your child is having difficulty striking object from dropping it or hitting it out of hand, then try using a ball and use the **Bounce Serve**. Same skill has above, just allow the ball to bounce once on the ground then swing the (forehand) paddle hand forward to strike the ball against the wall, partner, over net, etc.