Young Athletes Together At Home Circuit

Station 1: Catching and Throwing

Station 2: Rolling and Cushioning

Station 3: Dribbling the Ball (By Hand)

Station 4: Kicking

Follow the videos for a demonstration of how to do all the activities

Equipment Needed:
- Family Members
- A Ball
- Hula Hoops
- Teddies
- Cones
- Empty Buckets
- A Stopwatch or Timer

How to Complete the Young Athletes Circuit:
- Start at Station 1.
- Complete the activity for 30 seconds.
- After 30 seconds, do one lap of the circuit. You can run or hop!
- Go to Station 2 and begin the activity.
- Continue the above as many times as you like.
- We recommend doing the circuit 3 times.

**Please note, this is your Young Athletes circuit. If you would like to add in some different activities to the circuit please do**