

## 2 HAND CATCH



Toss the sock ball up in the air with 1 hand and catch it in front of your body using 2 hands.

1 Home Toss and Catch

## 1 HAND CATCH



Toss the sock ball up in the air with 1 or 2 hands and catch it in front of your body using only 1 hand.

2 Home Toss and Catch

## RAINBOW TOSS



Toss the sock ball across your body from 1 hand to the other. The sock ball should travel in a rainbow shape.

3 Home Toss and Catch

## TOSS/CLAP/CATCH



Toss the sock ball up in the air and clap once or a few times before you catch it.

4 Home Toss and Catch