

Contents

Foreword	<i>iv</i>
Preface	<i>iv</i>
Introduction	<i>v</i>
<hr/>	
BODY MANAGEMENT SKILLS	1
Balance on one foot	2
Line or beam walk	8
Climb	14
Forward roll	20
<hr/>	
LOCOMOTOR SKILLS	27
Sprint run	28
Hop	34
Jump for distance	40
Jump for height	46
Skip	52
Gallop	58
Side gallop	64
Dodge	70
Continuous leap	76
<hr/>	
OBJECT CONTROL SKILLS	83
Catch	84
Overhand throw	90
Underhand throw	96
Chest pass	102
Kick	108
Punt	114
Two-handed strike	120
Hand dribble	126
Foot dribble	132
<hr/>	
Acknowledgements	138
About the author	138