

NAME

Speed hands



GOAL

Improve hand-eye coordination

EQUIPMENT

Deck of playing cards (that you're happy to bend and rip).

NUMBERS

1 thrower; to
1-6 catchers

HOW TO PLAY

1

One thrower has a deck of cards, while the catchers stand in a semi-circle in front of the thrower.

2

The thrower randomly throws one card in the air at a time while the catchers try to grab the cards from the air.

3

Getting 1 or 2 cards is really good! To make it harder, catchers use just one hand or increase the speed of the throw..

**MIX
IT
UP**

Ask the catchers to try to kick the cards instead of catch them.

