

## Young Athletes Equipment

Young Athletes activities use equipment to help children focus on each skill. Equipment can be substituted for materials that can be found around the house.

### Equipment

#### Balance Beam



#### Small Foam Ball



#### Beanbags



#### Sport Cones



#### Large Plastic Blocks



#### Plastic Dowels



#### Paddle



### Suggested Substitutions

Tape  
Rope

Tennis ball  
Any small ball

Small, soft toys or figures  
Bags filled with rice, sand or beans  
Natural items, like flowers or leaves

Boxes  
Plastic soda bottles filled with sand

Foam or wood blocks  
Bricks

Stick  
Paper towel roll

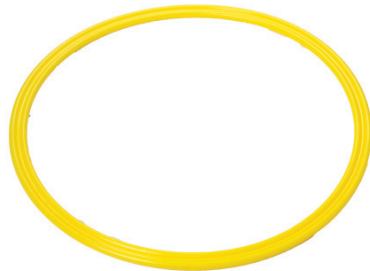
Short stick

## Equipment

### Floor Markers



### Hoops



### Scarf



### Slow Motion Ball



## Suggested Substitutions

Stickers or tape  
Carpet squares  
Chalk-drawn shapes

Hula hoops  
Bicycle tubes  
Old tires

Dish towel  
Small piece of cloth

Beach ball  
Any lightweight ball  
Balloon

## Additional equipment may be used to run Young Athletes:

- Junior sized sports equipment: basketball, plastic golf club, floorball stick, tennis racket, football (soccer ball), plastic bat and baseball tee.
- Playground ball
- Rope
- Stacking cups
- Agility ladder
- Tunnels
- Parachutes
- Floor markers, beanbags, and balls with food images
- Play food items