



## FINGER SOCCER

### Student Directions

The object of this game is to shoot the pom-pom off the paper at the opponent's end. Two players should lie on the floor propped on their elbows with the soccer field between them. One player shoots the pom-pom by flicking it with his index finger. The second player tries to catch the pom-pom when it crosses the middle line. If not, the first student gets to flick again. Each student takes turns.

### Hand Function

- Finger isolation

### Materials

- Pom-pom, or cotton ball
- Soccer field\*

**How to flick:** Face your palm down, and curl your thumb under the index finger. Brace your index fingernail against the pad of the thumb. Quickly straighten the index finger out while the other three fingers remain curled in the hand.

### OLYMPIC TIPS

Make sure the student's last three fingers curl into the palm. Otherwise, the student should hold a pom-pom with the last three fingers.

\*Soccer field: Use the provided template, draw one on 11" x 17" construction paper or find a felt, roll-up soccer mat (as shown) at a craft store.

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## BANDS ON YOUR HANDS

### Student Directions

Cup your hand and point your fingertips up. Stretch a rubber band around the tips of your fingers and thumb. Open and close your fingers as many times as possible before the rubber band flings off!

### Hand Functions

- Arches of the hand
- Sense of touch

### Materials

- Rubber bands

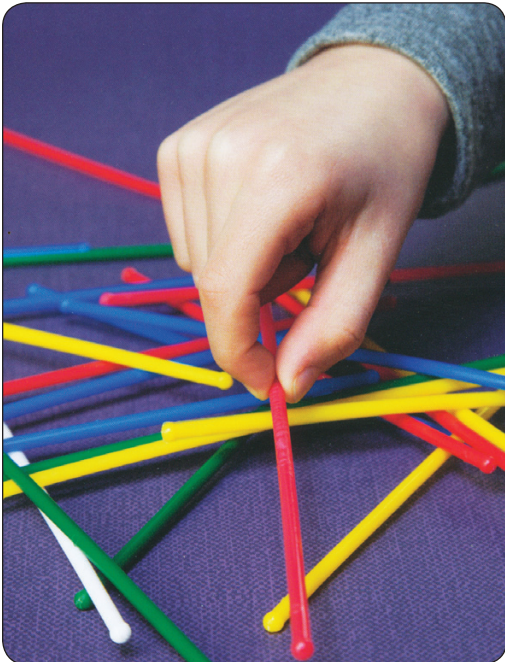


### OLYMPIC TIPS

A variety of sizes, widths, and resistances can be useful for providing challenges.

Monitor and vary the student's shoulder stability. Leaning your arms on your legs or a table provides greater stability and decreases difficulty—holding your arms away from the body provides less stability and thereby increases difficulty.

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## PICK-UP STICKS

### Student Directions

Play a game of pick-up sticks using only your thumb and index finger. Curl your other fingers into your palm. If the sticks are too easy, try toothpicks. For the trickiest game of all, mix toothpicks and pick-up sticks in the same game.

### Hand Functions

- Pincer grasp
- Opposition/open web space
- Separation of the two sides of the hand

### Materials

- Pick-up sticks
- Toothpicks



### OLYMPIC TIPS

Increase or decrease the level of difficulty by changing the amount of shoulder stability. Leaning your arms on your legs or a table provides greater stability and decreases difficulty—holding your arms away from the body provides less stability and thereby increases difficulty.

To increase development of the skilled side of the hand, make sure the student's last three fingers curl into the palm. Otherwise, have the student hold a pom-pom with the last three fingers.

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