

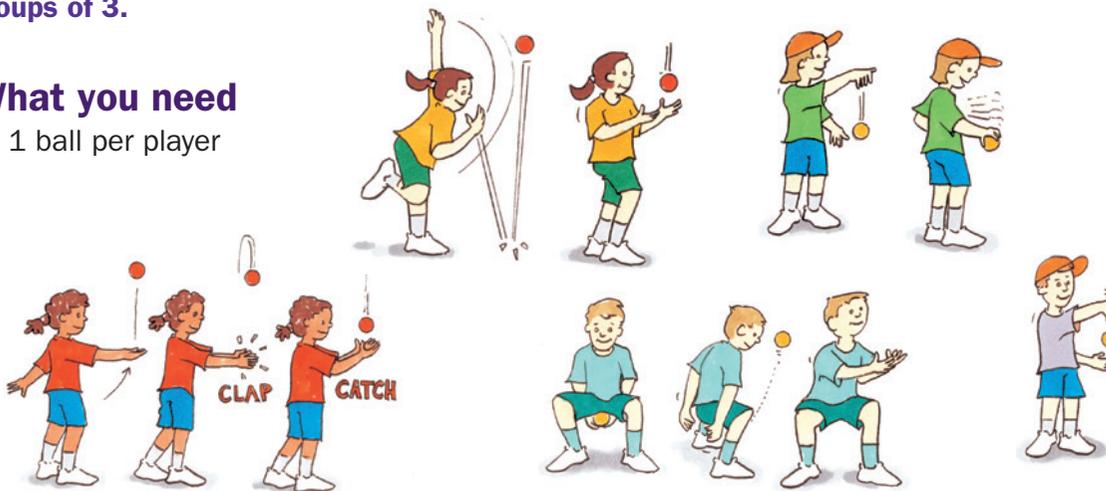


Catching challenge

Players try progressively harder catching challenges and tricks on their own, in pairs and in groups of 3.

What you need

- > 1 ball per player



What to do

- > Players spread around the playing area with their ball.
- > On your call, issue different catching challenges such as:
 - how many times can you clap your hands while the ball is in the air?
 - throw the ball between your legs and catch it.
 - bowl the ball over your arm into the ground and catch it after it bounces.
- > Ask players to come up with their own challenges.
- > Form pairs or groups of 3 and create new challenges.

Change it

- > Vary the size and weight of the ball according to players' ability.
- > Act as a judge and give scores out of 10 for each trick.
- > Provide discrete coaching on the side.
- > Introduce different skills like hopping, jumping or clapping while players are throwing their balls.

Safety

- > Check there is enough space between players and away from walls or other obstacles.

ASK THE PLAYERS

- > How high can you throw the ball in the air and then catch it?
- > Where is the best place to aim to throw the ball to your partner so they can catch it?
- > How do you need to position your hands ready to catch the ball?
- > What is the best technique to use to throw the ball as high as possible?

TEACHING TIPS

- > Keep your eyes on the ball when it is in the air.
- > Throw the ball using an underarm throw to get it as high as possible above your head.
- > When throwing to a partner aim for the ball to reach them at chest height to make it easier to catch.

LEARNING INTENTION

Catching challenge is a fun cooperative activity that develops the fundamental movement skill of catching.

SKILL FOCUS

CATCHING THROWING

CONTENT DESCRIPTIONS

ACPM008

ACPM025

ACPM043