



Australian Government
Australian Sports Commission

EASY MED HARD



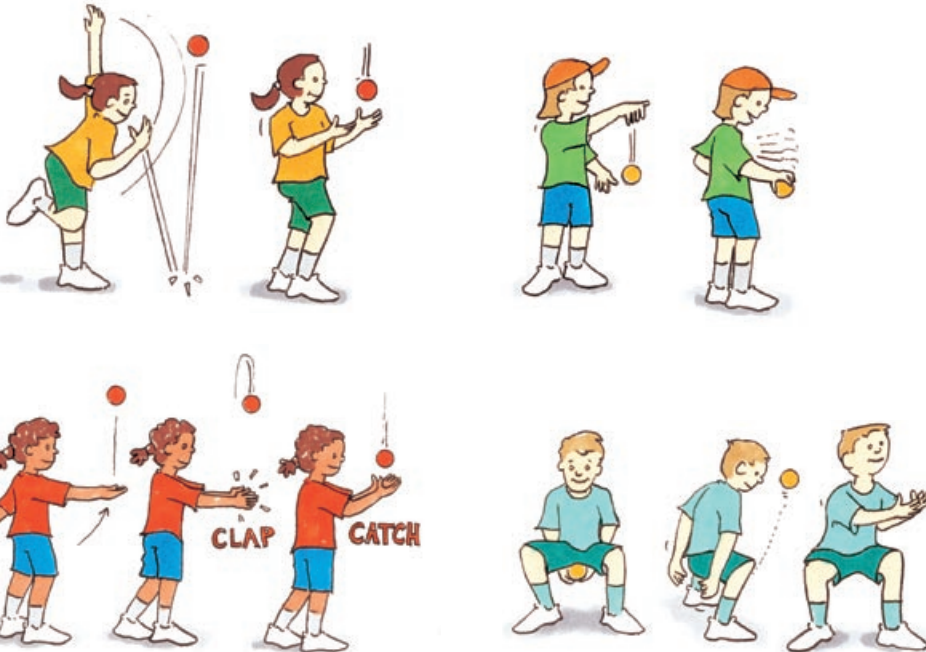
Catching challenge

A

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

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 while the ball is in the air?
 - throw the ball between your legs and catch it
 - bowl the ball overarm 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 into the air and then catch it?
- > What is the best way to throw to your partner so they can catch it?
- > What different tricks can you do with your ball?

LESSON LINK

Catching challenge is a fun cooperative activity that allows players to develop the skill of catching.

SESSION PLANS

Combo > Start Out SF 04A + Start Out CP 04 + Start Out SF 01