

★ ACTIVITY / CREATIVE CATCHING

FOCUS:

CATCHING, BALL HANDLING, HAND-EYE COORDINATION

DURATION: 10 MINUTES MAX.

EQUIPMENT:

2 CONES, 1 BALL PER PAIR



DESCRIPTION:

- ▶ One cone per pair.

- ▶ The distance between the catchers will vary with the age and skill ability level of each pair.

- ▶ One participant holds the cone upside down to catch the ball while the other catches the ball with their hands.

- ▶ Without cones, one ball, under arm throwing and catching.

- ▶ One ball, under arm throwing and catching with preferred hand and then opposite hand.

- ▶ Clap before catching, ball passed around behind back after catching, pass with opposite hand etc.

- ▶ The options here are endless.

- ▶ Have races amongst the group with each activity. First pair to 10 catches call out 'HOWZAT' to win etc.

MAKE IT EASIER:



- ▶ Decrease the distance between partners

- ▶ Use a scorcher ball

MAKE IT HARDER:



- ▶ Increase the distance between partners

- ▶ If the ball is dropped the count goes back to zero

- ▶ Use 1 hand to catch and pass

- ▶ Place a hand over 1 eye

