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 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 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.